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ABSTRACT

This resource guide is designed to help home economics teachers in Montana to develop occupational programs for food service. It provides resources that can be used with the "Food Service Occupations in Montana: Scope and Sequence in Wage-Earning Home Economics." The guide contains 13 sections. The first section explains the core concepts for HERO (Home Economics Related Occupations) in food service programs, while the second section contains an activity (job sheet) for evaluating the competencies, skills, and abilities needed in different food service careers. The third and fourth sections provide forms for student application to the program and samples of student individualized training plans. The fifth section is an employer evaluation form. Tests for equipment and safety and preparation, with answers, make up the sixth section. Recipes and instructions for various restaurant stations are described in the seventh section, while the following section provides sample instruments for restaurant service performance and schedules. A sample order form for "front-of-the-house" use is provided in the ninth section. The tenth section covers advertising for restaurants, including flyers, business cards, and stationery. Funding sources, sources for recipes and product information, and a bibliography complete the guide. (KC)

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RESOURCES FOR TEACHING HERO: FOOD SERVICE OCCUPATIONS IN MONTANA

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RESOURCES FOR TEACHING

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INTRODUCTION

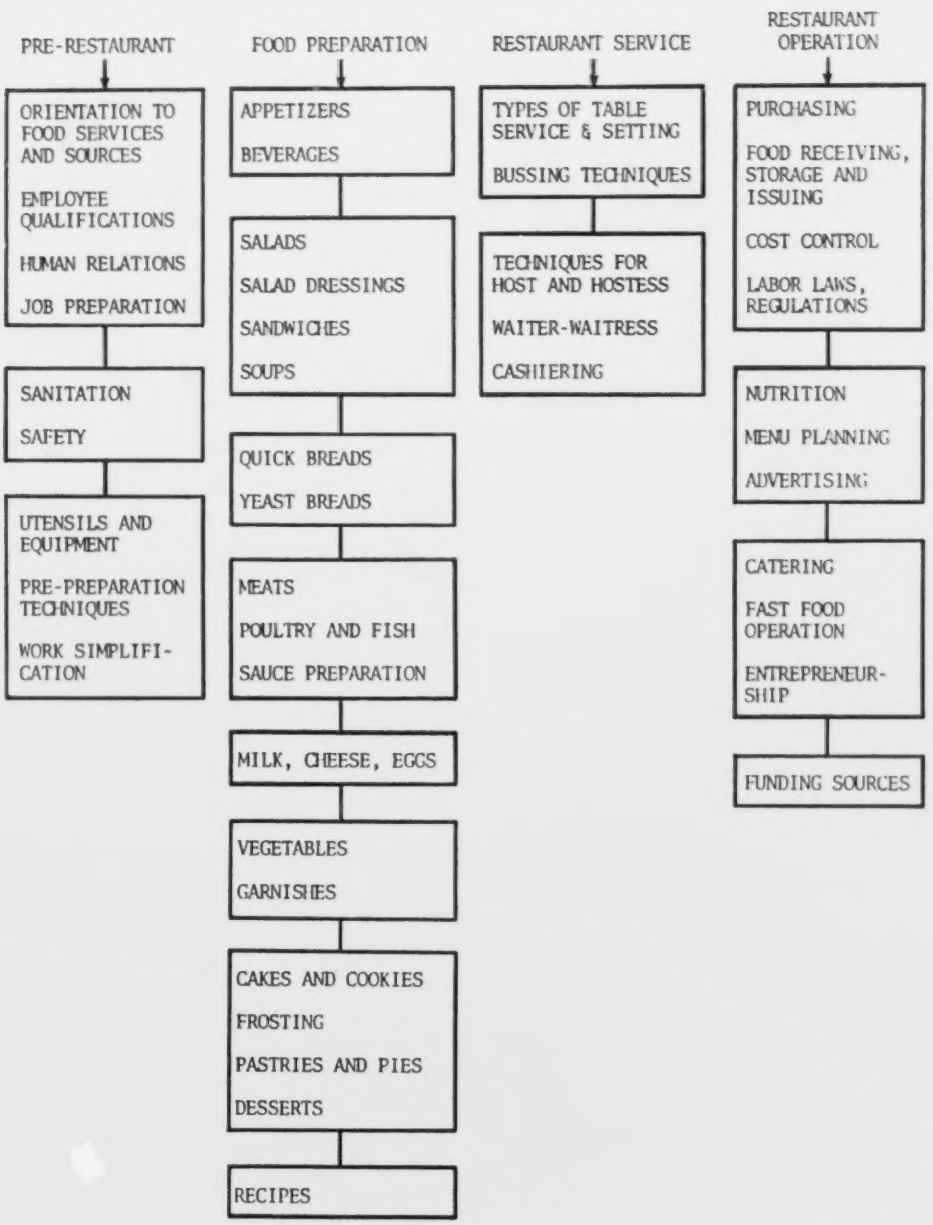
According to the Bureau of Labor Statistics' employment projections, jobs in foodservice will jump 32 percent between 1982 and 1995, compared with a slower 25 percent average gain for all occupations. Economic and lifestyle trends will also affect employment trends during the next decade. Service industries, such as foodservice, should prosper as personal income rises with the growth of two-income families and as consumers place increasing emphasis on convenience. This trend will help boost foodservice industry sales and increase the number of foodservice employees.

HERO Home Economics programs on the secondary level can equip Montana students with entry-level skills and attitudes required for success in food service occupations. This resource guide is designed to aid teachers in developing occupational programs. It provides resources that can be used with the Food Service Occupations in Montana: Scope and Sequence in Wage-Earning Home Economics.

The resources compiled in this supplement were obtained from Regional Occupational Programs in California. Individuals are credited for their contribution.

CORE CONCEPTS FOR HERO:
FOOD SERVICE PROGRAMS

The following scope and sequence provides the core concepts for teaching food service. For an indepth scope and sequence refer to Food Service Occupations in Montana: Scope and Sequence in Wage-Earning Home Economics.



ACTIVITY FOR EVALUATING THE COMPETENCIES, SKILLS, AND ABILITIES NEEDED IN DIFFERENT FOOD SERVICE CAREERS:

(1) Job Sheet

Date: _____

Job Title:

Company:

Education Requirements:

Training:

Skills:

Abilities:

Dexterity and Accuracy:

Oral Communication Skills:

Written Skills:

Math Skills:

Computer Skills:

Promotion Opportunities/Upward Mobility:

Salary Range:

Employment Opportunities/Montana:

Resource:

STUDENT INFORMATION AND APPLICATION

CLASSROOM/COMMUNITY

(1) Application Form for Enrolling in Program

(2) Interview Report (Teacher/Counselor/or Business)

CONTRA COSTA REGIONAL OCCUPATIONAL PROGRAM -- RESTAURANT OCCUPATIONS

- STUDENT INFORMATION AND APPLICATION -

(TYPE OR PRINT)

NAME _____ SEX _____ BIRTHDATE _____ SOCIAL SECURITY NO. _____

ADDRESS _____ CITY _____ ZIP CODE _____ PHONE _____

FAMILY DOCTOR _____ PHONE _____

FATHER'S NAME _____ EMPLOYER _____ PHONE _____

MOTHER'S NAME _____ EMPLOYER _____ PHONE _____

HOME SCHOOL _____ SCHOOL DISTRICT _____ COUNSELOR _____ GRADE _____

ORGANIZATIONS/ACTIVITIES _____

FAVORITE SUBJECT _____ LEAST FAVORITE SUBJECT _____

SPECIAL INTERESTS OR HOBBIES _____

ARE YOU PRESENTLY EMPLOYED? _____ IF SO, WHERE? _____

WHAT DO YOU DO AT YOUR PRESENT JOB? _____

PREVIOUS WORK EXPERIENCE:

NAME OF INDIVIDUAL OR FIRM	LENGTH OF EMPLOYMENT	RESPONSIBILITIES OR ASSIGNMENT	REASON FOR LEAVING

IS IT NECESSARY FOR YOU TO WORK? _____ IF SO, WHY? _____

WHAT DO YOU HOPE TO GAIN FROM THIS EXPERIENCE? _____

-6-

- INTERVIEW REPORT -

TO: _____

FROM: _____

APPLICANT NAME: _____ FOR: _____ (Job Title)

INTERVIEWER: _____ AT: _____ DATE: _____

ADDRESS: _____ PHONE: _____

Rating Scale: 1=Low 3=Average 5=High 6=Not Observable (Circle No.)

Appearance	1	2	3	4	5	6
Conversational Ability	1	2	3	4	5	6
Friendliness	1	2	3	4	5	6
Poise-Stability	1	2	3	4	5	6
Tact and Courtesy	1	2	3	4	5	6
Attitude	1	2	3	4	5	6
Alertness	1	2	3	4	5	6
Drive	1	2	3	4	5	6
Overall	1	2	3	4	5	6

Comments:

SAMPLES OF STUDENT INDIVIDUALIZED TRAINING PLANS

CLASSROOM:

(1) Restaurant Occupations

(2) Introduction to Baking

COMMUNITY:

(1) Community Classroom Individualized Training Plan

STUDENT INDIVIDUALIZED TRAINING PLAN

COURSE: Restaurant Occupations LOCATION: Mt. Diablo High INSTRUCTOR: Jannett Moon

Student's Name | Date Enrolled | School

Address | City | Date Terminated | Training Site/Community Classroom

Telephone | Training Site Contact | Enrollment Limit

Previous Employment or Training: _____

Special Considerations Affecting Student Training: Background in Lower Level Foods Class ☐

Student's Goal: (1) Bus Person 311.878-010 ☐ (2) Waiter/Waitress 311.878-058 ☐ (3) Host/Hostess 310.868 ☐ (4) Cashier 211.368 ☐ (5) Kitchen Helper 318.887 ☐ (6) Cook, Helper 529.887 ☐ (7) Cook, Short Order 314.381 ☐ (8) Cook 313.381 ☐ (9) Baker 526.781 ☐ (10) Pantry 317.884-018 ☐

Student's employment goal should be completed within 540 hrs. or less of instruction.

ACHIEVEMENT LEVEL:

"3" The student has outstanding chances for successful employment. Attitude, accuracy and productivity are at the 90% level or above.

"2" The student has good chances for successful employment. Attitude, accuracy and productivity are at the 80% level or above.

"1" The student may succeed with employment, but should seek training in another field. Alternatives may be available with the class, in other ROP or school classes, or in some other activity. Student should pursue training where his/her chances of success are good or outstanding. Attitude, accuracy and productivity are below the 80% level.

Student's Accomplishments

Max Hrs	Skill Level Diag.Test (Circle)	Job Titles and Skills Objectives	Achievement Level (Circle)	Date Completed	Signed Off By:	Comments
20	3 2 1	ORIENTATION	3 2 1			
	3 2 1	Math Pre-Test	3 2 1			
	3 2 1	Safety	3 2 1			
	3 2 1	Career Paths	3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
100	3 2 1	COMMON CORE	3 2 1			
	3 2 1	Knowledge of Proper Sanitation	3 2 1			
	3 2 1	Knowledge of Proper Safety	3 2 1			
	3 2 1	Knowledge of Proper Hygiene	3 2 1			
	3 2 1	Courtesy and Manners	3 2 1			
	3 2 1	Basic Storage Procedures	3 2 1			
	3 2 1	Proper Operation, Use & Care of	3 2 1			
	3 2 1	the following:	3 2 1			
	3 2 1	Coffee Maker	3 2 1			
	3 2 1	Microwave Oven	3 2 1			
	3 2 1	Grill	3 2 1			
	3 2 1	Deep Fryer	3 2 1			
	3 2 1	Char-Broiler	3 2 1			
	3 2 1	Convection Oven	3 2 1			
	3 2 1	Electric Slicer	3 2 1			
	3 2 1	Mixer	3 2 1			
	3 2 1	Proof Cabinet	3 2 1			
	3 2 1	Dishwasher	3 2 1			
	3 2 1	Prepare & Set Buffet Table	3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
30	3 2 1	JOB READINESS UNITS	3 2 1			
	3 2 1	Employment Forms & Resumes	3 2 1			
	3 2 1	Want Ads	3 2 1			
	3 2 1	Social Security	3 2 1			
	3 2 1	Where to Find a Job	3 2 1			
	3 2 1	Employment Agency	3 2 1			
	3 2 1	Resumes	3 2 1			
	3 2 1	Cover Letters	3 2 1			
	3 2 1	Letter of Application	3 2 1			
	3 2 1	Employment Application	3 2 1			
	3 2 1	The Interview	3 2 1			
	3 2 1	Thank-You Letters	3 2 1			
	3 2 1	Employment Tests	3 2 1			
	3 2 1	After You Are Hired	3 2 1			
	3 2 1	Attitude--Working with People	3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			

Student's Accomplishments

Max Hrs	Skill Level Diag.Test (Circle)	Job Titles and Skills Objectives	Achievement Level (Circle)	Date Completed	Signed Off By:	Comments
120	3 2 1	FRONT OF THE HOUSE OPERATIONS	3 2 1			
	3 2 1		3 2 1			
	3 2 1	Bus Person	3 2 1			
	3 2 1	Carries dirty dishes	3 2 1			
	3 2 1	Replaces table settings	3 2 1			
	3 2 1	Supplies service bars/centers	3 2 1			
	3 2 1	Cleans/replenishes hollow-ware	3 2 1			
	3 2 1	Makes/replenishes beverage bar	3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1	Waiter/Waitress	3 2 1			
	3 2 1	Presents menu	3 2 1			
	3 2 1	Writes order	3 2 1			
	3 2 1	Relays order to kitchen	3 2 1			
	3 2 1	Serves order	3 2 1			
	3 2 1	Observes guest for other needs	3 2 1			
	3 2 1	Totals bill/presents check	3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1	Host/Hostess	3 2 1			
	3 2 1	Welcomes & seats patrons	3 2 1			
	3 2 1	Directs waiter & waitress	3 2 1			
	3 2 1	Directs bus people	3 2 1			
	3 2 1	Inspects dining room for	3 2 1			
	3 2 1	proper operation	3 2 1			
	3 2 1	Requisitions needed supplies	3 2 1			
	3 2 1	In charge of floor operations	3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1	Cashier	3 2 1			
	3 2 1	Receive guest check & money	3 2 1			
	3 2 1	from customer	3 2 1			
	3 2 1	Verify & tally guest checks	3 2 1			
	3 2 1	Compute sales tax	3 2 1			
	3 2 1	Operate cash register	3 2 1			
	3 2 1	Make correct change	3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			

Student's Accomplishments

Max Hrs	Skill Level Diag.Test (Circle)	Job Titles and Skills Objectives	Achievement Level (Circle)	Date Completed	Signed Off By:	Comments
120	3 2 1	BACK OF THE HOUSE OPERATIONS	3 2 1			
	3 2 1		3 2 1			
	3 2 1	Kitchen Helper (Dish Machine)	3 2 1			
	3 2 1	Scrape food from dishes	3 2 1			
	3 2 1	Place dishes in racks	3 2 1			
	3 2 1	Operate dish machine	3 2 1			
	3 2 1	Put dishes away properly	3 2 1			
	3 2 1	Proper maintenance of machine	3 2 1			
	3 2 1	and area	3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1	Kitchen Helper (Pot Washer)	3 2 1			
	3 2 1	Wash pots, pans, trays &	3 2 1			
	3 2 1	utensils by hand	3 2 1			
	3 2 1	Put away properly	3 2 1			
	3 2 1	Proper maintenance of area	3 2 1			
	3 2 1	Sweep & mop floors	3 2 1			
	3 2 1	Wash work tables, walls,	3 2 1			
	3 2 1	refrigerator & other	3 2 1			
	3 2 1	working surfaces	3 2 1			
	3 2 1	Segregate & remove trash	3 2 1			
	3 2 1	and garbage	3 2 1			
	3 2 1	Understand & follow proper	3 2 1			
	3 2 1	procedures for using	3 2 1			
	3 2 1	different necessary	3 2 1			
	3 2 1	cleaning agents	3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1	Cook, Helper	3 2 1			
	3 2 1	Assist cook prepare foods	3 2 1			
	3 2 1	Wash, peel, cut vegetables	3 2 1			
	3 2 1	and fruits	3 2 1			
	3 2 1	Clean, cut & grind meats, etc.	3 2 1			
	3 2 1	Dip foods in crumbs, flour &	3 2 1			
	3 2 1	batter	3 2 1			
	3 2 1	Stir & strain soups/sauces	3 2 1			
	3 2 1	Weigh/measure designated	3 2 1			
	3 2 1	ingredients	3 2 1			
	3 2 1	Be able to read/follow recipes	3 2 1			
	3 2 1	Follow proper storage tech-	3 2 1			
	3 2 1	niques for food	3 2 1			
	3 2 1	Knowledge of proper tempera-	3 2 1			
	3 2 1	ture to avoid spoilage	3 2 1			
	3 2 1	Keep work area clean/organized	3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			

Student's Accomplishments

Max Hrs	Skill Level Diag.Test (Circle)	Job Titles and Skills Objectives	Achievement Level (Circle)	Date Completed	Signed Off By:	Comments
	3 2 1	Cook, Short-Order	3 2 1			
	3 2 1	Prepares & cooks all types of	3 2 1			
	3 2 1	food items which require	3 2 1			
	3 2 1	only short time to prepare	3 2 1			
	3 2 1	Carve and serve meats	3 2 1			
	3 2 1	Prepare sandwiches	3 2 1			
	3 2 1	Prepare salads	3 2 1			
	3 2 1	Prepare beverages	3 2 1			
	3 2 1	Serve over-the-counter orders	3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1	Cook	3 2 1			
	3 2 1	Procure supplies & prepare	3 2 1			
	3 2 1	entrees	3 2 1			
	3 2 1	Regulate temperature control	3 2 1			
	3 2 1	of cooking surface	3 2 1			
	3 2 1	Follow recipe	3 2 1			
	3 2 1	Be able to use properly all	3 2 1			
	3 2 1	necessary equipment	3 2 1			
	3 2 1	Bake/roast/broil meats, etc.	3 2 1			
	3 2 1	Determine readiness of food	3 2 1			
	3 2 1	for serving	3 2 1			
	3 2 1	Portion out servings, garnish	3 2 1			
	3 2 1	plates & serve	3 2 1			
	3 2 1	May cut chickens or meats for	3 2 1			
	3 2 1	preparation	3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1	Baker	3 2 1			
	3 2 1	Weigh/measure ingredients on	3 2 1			
	3 2 1	baker's scale	3 2 1			
	3 2 1	Mix & bake ingredients	3 2 1			
	3 2 1	according to recipes	3 2 1			
	3 2 1	Proper use & understanding	3 2 1			
	3 2 1	of mixer	3 2 1			
	3 2 1	Proper use & understanding	3 2 1			
	3 2 1	of ovens & controls	3 2 1			
	3 2 1	Proper use & understanding	3 2 1			
	3 2 1	of proof cabinet	3 2 1			
	3 2 1	Roll, cut & shape dough	3 2 1			
	3 2 1	Apply icing, glaze or other	3 2 1			
	3 2 1	toppings	3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			

Student's Accomplishments

Max Hrs	Skill Level Diag.Test (Circle)	Job Titles and Skills Objectives	Achievement Level (Circle)	Date Completed	Signed Off By:	Comments
	3 2 1	Pantry	3 2 1			
	3 2 1	Be able to follow recipes	3 2 1			
	3 2 1	Wash & care for fresh produce	3 2 1			
	3 2 1	Prepare salads & garnishes	3 2 1			
	3 2 1	Prepare relish plates	3 2 1			
	3 2 1	Slice meats & cheeses	3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1	Sandwich Maker	3 2 1			
	3 2 1	Make sandwiches to order	3 2 1			
	3 2 1	Knowledgeable in use of	3 2 1			
	3 2 1	portion control	3 2 1			
	3 2 1	Prepare dressing	3 2 1			
	3 2 1	Portion & arrange food on	3 2 1			
	3 2 1	serving dishes	3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1

STUDENT INDIVIDUALIZED TRAINING PLAN

COURSE: Intro to Baking LOCATION: Mt. Diablo High INSTRUCTOR: Judy Moon

Student's Name | Date Enrolled | School

Address | City | Date Terminated | Training Site/Community Classroom

Telephone | Training Site Contact | Enrollment Limit

Previous Employment or Training: Prerequisites:

Special Considerations Affecting Student Training:

Student's Goal: Baker 526.381-010 Baker Apprentice 526.381-014

Donut Maker 526.684-010 Oven Tender 526.685-030

Baker Helper 526.686-010 Bakeshop Cleaner 313.687-010

Cook Helper Dessert 313.686-010

Student's employment goal should be completed within 360 hrs. or less of instruction.

ACHIEVEMENT LEVEL:

"3" The student has outstanding chances for successful employment. Attitude, accuracy and productivity are at the 90% level or above.

"2" The student has good chances for successful employment. Attitude, accuracy and productivity are at the 80% level or above.

"1" The student may succeed with employment, but should seek training in another field. Alternatives may be available with the class, in other ROP or school classes, or in some other activity. Student should pursue training where his/her chances of success are good or outstanding. Attitude, accuracy and productivity are below the 80% level.

Student's Accomplishments

Max Hrs	Skill Level Diag.Test (Circle)	Job Titles and Skills Objectives	Achievement Level (Circle)	Date Completed	Signed Off By:	Comments
20	3 2 1	ORIENTATION	3 2 1			
	3 2 1	Math Pretest	3 2 1			
	3 2 1	Safety	3 2 1			
	3 2 1	Career Paths	3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
100	3 2 1	COMMON CORE	3 2 1			
	3 2 1	Knowledge of Proper Sanitation	3 2 1			
	3 2 1	Knowledge of Proper Safety	3 2 1			
	3 2 1	Knowledge of Proper Hygiene	3 2 1			
	3 2 1	Courtesy and Manners	3 2 1			
	3 2 1	Basic Storage Procedures	3 2 1			
	3 2 1	Proper Operation, Use & Care	3 2 1			
	3 2 1	of the following:	3 2 1			
	3 2 1	Coffee Maker	3 2 1			
	3 2 1	Microwave Oven	3 2 1			
	3 2 1	Grill	3 2 1			
	3 2 1	Deep Fryer	3 2 1			
	3 2 1	Char-Broiler	3 2 1			
	3 2 1	Convection Oven	3 2 1			
	3 2 1	Electric Slicer	3 2 1			
	3 2 1	Mixer	3 2 1			
	3 2 1	Proof Cabinet	3 2 1			
	3 2 1	Dishwasher	3 2 1			
	3 2 1	Prepare and Set Buffet Table	3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
30	3 2 1	JOB READINESS UNIT	3 2 1			
	3 2 1	Employment Forms & Resumes	3 2 1			
	3 2 1	Want Ads	3 2 1			
	3 2 1	Social Security	3 2 1			
	3 2 1	Where to Find a Job	3 2 1			
	3 2 1	Employment Agency	3 2 1			
	3 2 1	Resumes	3 2 1			
	3 2 1	Cover Letters	3 2 1			
	3 2 1	Letter of Application	3 2 1			
	3 2 1	Employment Application	3 2 1			
	3 2 1	The Interview	3 2 1			
	3 2 1	Thank-You Letters	3 2 1			
	3 2 1	Employment Tests	3 2 1			
	3 2 1	After You Are Hired	3 2 1			
	3 2 1	Attitude--Working with People	3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			

Student's Accomplishments

Max Hrs	Skill Level Diag.Test (Circle)	Job Titles and Skills Objectives	Achievement Level (Circle)	Date Completed	Signed Off By:	Comments
50	3 2 1	YEAST PRODUCTS	3 2 1			
	3 2 1	Work with different types of	3 2 1			
	3 2 1	yeast doughs	3 2 1			
	3 2 1	Can shape bread and rolls	3 2 1			
	3 2 1	Specialty breads	3 2 1			
	3 2 1	Produce products suitable for	3 2 1			
	3 2 1	commercial sale	3 2 1			
	3 2 1	Proper packaging & display of	3 2 1			
	3 2 1	items produced	3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
50	3 2 1	PIES/PASTRIES	3 2 1			
	3 2 1	Able to prepare pie crust,	3 2 1			
	3 2 1	choux paste, puff pastry	3 2 1			
	3 2 1	products correctly	3 2 1			
	3 2 1	Working knowledge of Danish	3 2 1			
	3 2 1	pastry, glazes, fillings	3 2 1			
	3 2 1	Arrangements of pastries &	3 2 1			
	3 2 1	desserts for display	3 2 1			
	3 2 1	Produce products suitable for	3 2 1			
	3 2 1	commercial sale	3 2 1			
	3 2 1	Proper packaging and display	3 2 1			
	3 2 1	of items produced	3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
50	3 2 1	CAKES	3 2 1			
	3 2 1	Can prepare a variety of cakes	3 2 1			
	3 2 1	and frostings	3 2 1			
	3 2 1	Can practice basic cake decor-	3 2 1			
	3 2 1	ating skills	3 2 1			
	3 2 1	Produce products suitable for	3 2 1			
	3 2 1	commercial sale	3 2 1			
	3 2 1	Proper packaging & display of	3 2 1			
	3 2 1	items produced	3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
50	3 2 1	QUICK BREADS AND COOKIES	3 2 1			
	3 2 1	Can correctly prepare and	3 2 1			
	3 2 1	recognize different types	3 2 1			
	3 2 1	of cookies & quick breads	3 2 1			
	3 2 1	Produce products suitable for	3 2 1			
	3 2 1	commercial sale	3 2 1			
	3 2 1	Proper packaging and display	3 2 1			
	3 2 1	of items produced	3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			

Student's Accomplishments

Max Hrs	Skill Level Diag.Test (Circle)	Job Titles and Skills Objectives	Achievement Level (Circle)	Date Completed	Signed Off By:	Comments
10	3 2 1	BAKER	3 2 1			
	3 2 1	Weighs & measures ingredients	3 2 1			
	3 2 1	on baker's scale	3 2 1			
	3 2 1	Mix and bake ingredients	3 2 1			
	3 2 1	according to recipes	3 2 1			
	3 2 1	Proper use & understanding of	3 2 1			
	3 2 1	mixer	3 2 1			
	3 2 1	Proper use & understanding of	3 2 1			
	3 2 1	ovens & controls	3 2 1			
	3 2 1	Proper use & understanding of	3 2 1			
	3 2 1	proof cabinet	3 2 1			
	3 2 1	Rolls, cuts, and shapes dough	3 2 1			
	3 2 1	Applies icing, glaze, or other	3 2 1			
	3 2 1	toppings	3 2 1			
	3 2 1	Vocabulary, ingredients, and	3 2 1			
	3 2 1	procedures applicable to the	3 2 1			
	3 2 1	baking industry	3 2 1			
	3 2 1	Skill in proper use of sheeter	3 2 1			
	3 2 1	& products produced	3 2 1			
	3 2 1	Keeps work areas clean at all	3 2 1			
	3 2 1	times	3 2 1			
	3 2 1		3 2 1			
	3 2 1		3 2 1			
	3 2 1

CONTRA COSTA REGIONAL OCCUPATIONAL PROGRAM--RESTAURANT OCCUPATIONS

- COMMUNITY CLASSROOM INDIVIDUAL STUDENT TRAINING PLAN -

STUDENT:_____ TRAINING SITE:_____ SITE SUPERVISOR:_____

ROP INSTRUCTOR:_____ ROP COORDINATOR:_____

Training under the direction of the site supervisor, the student will learn to perform the objectives checked below in the environment of different local, commercial and institutional food establishments.

- ☐ Bus Person 311.878-010
- ☐ Host/Hostess 310.868
- ☐ Kitchen Helper 318.887
- ☐ Cook, Short-Order 314.381
- ☐ Cook 313.381
- ☐ Waiter/Waitress 311.878-058
- ☐ Cashier 211.368
- ☐ Cook Helper 529.887
- ☐ Baker 526.781
- ☐ Pantry 317.884-018

At the conclusion of the training, the site supervisor will evaluate the student's performance of the selected objectives in the column marked "Achievement Level" and the student's work personality development in the space provided on the last page of this training plan using the following scale:

5 - Superior 4 - Above Average 3 - Average 2 - Below Average 1 - Unsatisfactory

Check Objectives Required	Expected Hours to Complete	OBJECTIVES	Actual Hours to Complete	Instructor Sign-Off; Date Completed:	Achievement Level: 5-4-3-2-1
		1. Sanitation: Given instruction in the classroom, the student will demonstrate knowledge of sanitation, safety, and personal hygiene by passing a test with 70% accuracy or better.			
		2. Sanitation: The student will demonstrate the importance of proper sanitation within the food service establishment by practicing acceptable procedures according to the expectations of the employer.			

Check Objectives Required	Expected Hours to Complete	OBJECTIVES	Actual Hours to Complete	Instructor Sign-Off	Date Completed;	Achievement Level: 5-4-3-2-1
		3. Safety: The student will demonstrate the importance of proper safety by practicing acceptable procedures according to the expectations of the employer.				
		4. Personal Hygiene: The student will demonstrate proper personal hygiene practices on a daily basis.				
		5. Courtesy: The student will demonstrate acceptable manners and courtesy toward fellow students, instructors, employers, and the general public.				
XXXXXX	XXXXXX	6. BUS PERSON:	XXXXXX	XXXXXX	XXXXXX	XXXXXX
		(a) Given instruction, the student will demonstrate the proper and acceptable way to set a table according to the standards of that establishment.				
		(b) Given instruction, the student will demonstrate the proper and acceptable way to clear dirty dishes from a table and/or in front of a customer.				
		(c) Given instruction, the student will demonstrate his ability to properly carry dirty dishes from the table to the bus station and/or dishroom.				
		(d) Given instruction, the student will demonstrate with 100% accuracy how to clean and replenish the necessary items located in an adequately supplied bus station.				

Check Objectives Required	Expected Hours to Complete	OBJECTIVES	Actual Hours to Complete	Instructor Sign-Off	Date Completed:	Achievement Level: 5-4-3-2-1
XXXXXXX	XXXXXXX	7. WAITER/WAITRESS: The student should be allowed to observe the proper techniques for the following:	XXXXXXX	XXXXXXX	XXXXXXX	XXXXXXX
		(a) Presenting menu to customer.				
		(b) Writing out the order.				
		(c) Relaying the order to the kitchen.				
		(d) Serving the order properly.				
		(e) Observing guest needs.				
		(f) Totaling and presenting check.				
		(g) (Hopefully, the student will be given the opportunity to assist another waiter/waitress. If the student shows adequate capabilities, he will be given an opportunity to actually wait on customers.)				
XXXXXXX	XXXXXXX	8. HOST/HOSTESS/CASHIER: The student will be given an opportunity to observe the proper techniques on:	XXXXXXX	XXXXXXX	XXXXXXX	XXXXXXX
		(a) How to welcome and seat patrons.				
		(b) Direct waiters and waitresses.				
		(c) Direct bus persons.				

Check Objectives Required	Expected Hours to Complete	OBJECTIVES	Actual Hours to Complete Sign-Off	Instructor Date Completed;	Achievement Level: 5-4-3-2-1
XXXXXX	XXXXXX	8. HOST/HOSTESS/CASHIER (cont'd.)	XXXXXX	XXXXXX	XXXXXX
		(d) Direct proper operation of the dining room.			
		(e) Receive guest check and money from customer.			
		(f) Verify the tallies.			
		(g) Compute sales tax.			
		(h) Operate cash register.			
		(i) Make correct change.			
		(j) Count change back to patron.			
XXXXXX XXXXXX XXXXXX	XXXXXX XXXXXX XXXXXX	9. DISH MACHINE: Given proper instruction, the student will demonstrate proper dish machine washing technique. (Speed/accuracy will be evaluated by supervisor.)	XXXXXX XXXXXX XXXXXX	XXXXXX XXXXXX XXXXXX	XXXXXX XXXXXX XXXXXX
		(a) Scrape food from dishes.			
		(b) Place dishes in racks.			
		(c) Correct operation of machine.			
		(d) Put dishes away properly.			
		(e) Proper maintenance of machine and area.			

Check Objectives Required	Expected Hours to Complete	OBJECTIVES	Actual Hours to Complete	Instructor Sign-Off	Date Completed:	Achievement Level: 5-4-3-2-1
		10. Sandwiches: Given instruction, the student will be able to prepare with 100% accuracy a variety of different sandwiches that are served in that particular restaurant.				
		11. Dish-Up: Given instruction, the student will be able to dish-up and garnish a variety of sandwiches, salads, entrees, and/or meals with 100% accuracy.				
		12. Vegetable Preparation: Given instruction, the student will be able to properly clean, wash, and store fresh product with 100% accuracy.				
		13. Vegetable Preparation: Given instruction, the student will be able to properly prepare fresh produce for salads, salad bars, hors d'ouvres, or determine cooking time with 100% accuracy.				
		14. Salad Preparation: Given instruction, the student will be able to properly prepare and garnish with 100% accuracy salads commonly used in restaurants.				
		15. Salad Preparation: Given instruction, the student will be able to prepare with 100% accuracy the various salad dressings used in a restaurant.				
		16. Breakfast Cookery: Given instruction, the student should be able to prepare and cook the various breakfast menu items with 100% accuracy.				
		17. Short-Order Cook: Given instruction, the student should be able to prepare the various short-order items served in the fast-foods restaurants with 100% accuracy				

Check Objectives Required	Expected Hours to Complete	OBJECTIVES	Actual Hours to Complete	Instructor Sign-Off	Date Completed;	Achievement Level: 5-4-3-2-1
		18. Baking: Given proper instruction, the student will be able to weigh and measure ingredients with 100% accuracy.				
		19. Baking: Given instruction, the student will be able to mix and bake with 100% accuracy various products produced in a bakery.				
		20. Baking: Given instruction, the student will be able to properly frost a cake.				
		21. Baking: Given instruction, the student will be able to roll, cut, and scale dough with 100% accuracy.				
XXXXXXX	XXXXXXX	22. GENERAL: Given instruction, the student will be able to demonstrate with 100% accuracy his knowledge of the proper use and maintenance of the following pieces of equipment:	XXXXXXX	XXXXXXX	XXXXXXX	XXXXXXX
		(a) Dish machine				
		(b) Slicer				
		(c) Grill				
		(d) Char-Broiler				
		(e) Convection Oven				
		(f) Deep-Fat Fryer				
		(g) Baker's Scale				

Check Objectives Required	Expected Hours to Complete	OBJECTIVES	Actual Hours to Complete	Instructor Sign-Off	Date Completed; 5-4-3-2-1	Achievement Level:
XXXXXXX	XXXXXXX	22. GENERAL (cont'd.)	XXXXXXX	XXXXXXX	XXXXXXX	XXXXXXX
		(h) Hobart Mixer (or equivalent)				
		(i) Bread Slicer				
		(j) Cash Register				
		(k) Can Opener				
		(l) Proofing Cabinet (or equivalent)				
		(m) Microwave Oven				
		(n) Vegetable Dicer				
		(o) Various knives and small kitchen equipment				
		(p) Coffee Urn				
		(q) Miscellaneous other items and equipment				

COMMENTS:

EMPLOYER EVALUATION

CONTRA COSTA REGIONAL OCCUPATIONAL PROGRAM--RESTAURANT OCCUPATIONS

DATE: _____

ABSENCES: M T W T F

TARDIES: _____

- EMPLOYER EVALUATION OF STUDENT -

STUDENT'S NAME: _____ NAME OF FIRM: _____

TYPE OF WORK STUDENT PERFORMED/JOB STATION: _____

NAME OF PERSON COMPLETING THIS FORM: _____ TITLE: _____

	OUTSTANDING	MORE THAN SATISFACTORY	SATISFACTORY	NEEDS IMPROVEMENT	UNSATISFACTORY
JOB PERFORMANCE:	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX
Punctuality in arriving for work					
Regular daily attendance					
Ability to follow instructions					
Quality of work					
Judgment					
Ability to work with others					
ATTITUDE ON THE JOB:	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX
Interest in work					
Courtesy					
Ability to accept criticism					
Compliance with company rules					
Cooperation					
PERSONAL APPEARANCE	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX
Appropriate dress					
Cleanliness/Neatness					

STUDENT'S STRENGTHS: _____ STUDENT'S WEAKNESSES: _____

TESTS

(1) Equipment and Safety Test

(2) Preparation Test

EQUIPMENT AND SAFETY TEST

NAME: _____

All students who work in the Serendipity Kitchen must pass this Equipment and Safety Test with a 70% or better. If the question is a TRUE or FALSE question, please use a PLUS (+) for TRUE and please use a ZERO (0) for FALSE. If you do not follow these instructions, your answers will be marked wrong. If the question is a MULTIPLE CHOICE, place the letter of the correct answer on the line in front of the question. Read all questions carefully -- and GOOD LUCK. Double-check your answers before turning in your test to be graded.

HOBART MIXERS:

_____(1) TRUE-FALSE: The Hobart mixer bowl should be locked into position before using.

_____(2) TRUE-FALSE: You should not change gears on the Hobart mixer while it is running.

_____(3) TRUE-FALSE: It is impossible to put the mixing bowl on incorrectly.

_____(4) TRUE-FALSE: When the dial is turned to hold, the machine is set for manual operation.

_____(5) When the Hobart mixer will not run after pushing the start button, what is wrong with the mixer?
- (a) The machine is unplugged.
- (b) The machine is set on timer operation.
- (c) A fuse has been blown which turns off the machine at the fuse box.
- (d) All of the above choices could be the problem.

BAKERY OVENS:

_____(1) The ovens in the bakery are known as:
- (a) conventional ovens.
- (b) convection or air-flow ovens.
- (c) microwave ovens.
- (d) rotating ovens.

_____(2) These ovens are more efficient because they:
- (a) have fans that circulate the heat.
- (b) have timers so nothing burns.
- (c) have lights so you can see inside.
- (d) all of the above.

_____(3) In order to turn these ovens on, you should:
- (a) turn on the gas.
- (b) select the temperature.
- (c) turn on the fan.
- (d) all of the above.

_____(4) These special ovens cook in 2/3 the time of a regular oven and at:
- (a) 25 degrees lower temperature.
- (b) 100 degrees lower temperature.
- (c) 50 degrees lower temperature.
- (d) the same temperature.

EQUIPMENT AND SAFETY TEST (2)

BAKERY OVENS (cont'd.):

_____(5) When you are finished using the ovens, you should:
(a) turn off the gas and temperature selector, but leave the fans running to cool the ovens down.
(b) open the door so cold air can get inside.
(c) turn off the temperature but leave the gas on.
(d) none of the above.

_____(6) The person putting bakery items into the ovens to bake:
(a) is responsible for telling another student to take them out.
(b) is responsible for setting the time and removing the items when done.
(c) standing by the ovens to watch them bake.
(d) telling the instructor to remove the items.

_____(7) If a regular cookie recipe calls for baking at 350^{o}F, at what temperature should the bakery ovens be set?
(a) 275^{o}
(b) 150^{o}
(c) 400^{o}
(d) 300^{o}

_____(8) Two of the ovens have a self-cleaning interior. This indicates that:
(a) extra-strong oven cleaner is needed.
(b) they clean themselves as the baking is done and no oven cleaner is used.
(c) baking soda should be used to clean them every day.

_____(9) The lights in these ovens are not used on a constant basis because:
(a) they are burned out.
(b) they are too bright.
(c) they might explode and get into the food.
(d) they require too much energy.

____(10) The purpose of the timer on these ovens is:
(a) to tell you when class is over.
(b) to indicate when the product should be done.
(c) to let you know the product is burned.

BAKER'S SCALE:

_____(1) TRUE-FALSE: You must use the correct counter-balance when using a scoop to weigh a product.

_____(2) TRUE-FALSE: The weights are placed on the left-hand side of the scale when weighing a product.

_____(3) TRUE-FALSE: You always have to use a counter-balance when weighing any product.

_____(4) TRUE-FALSE: The baker's scale should be wiped clean after each usage.

_____(5) TRUE-FALSE: The instructor prefers that students do not unscrew the weighing platforms of the scale.

_____(6) TRUE-FALSE: The baker's scale always weighs accurately.

EQUIPMENT AND SAFETY TEST (3)

BAKER'S SCALE (cont'd.):

_____(7) TRUE-FALSE: The sliding weighing scale on the front will weigh up to two pounds.

_____(8) TRUE-FALSE: Each ounce on the sliding scale is divided into four equal parts.

_____(9) TRUE-FALSE: When not in use, the sliding weight balance should be left on zero.

____(10) TRUE-FALSE: Scoops are a dime a dozen, so it isn't important to treat them with care.

PROOF CABINET:

_____(1) TRUE-FALSE: You should always have water in the pan located in the bottom of the proof cabinet.

_____(2) TRUE-FALSE: Turning on the time on the proof cabinet is the only way to start the heating process.

_____(3) The normal temperature for proofing a yeast dough is:

(a) $50^{o}F$ (b) $20^{o}F$ (c) $90^{o}F$

DEEP FAT FRYER:

_____(1) TRUE-FALSE: Turning the temperature control knob on the fryer also automatically turns on the gas.

_____(2) TRUE-FALSE: All food particles should be skimmed out of the hot oil at the end of the cooking session or period to prevent burning and clogging.

_____(3) The normal frying temperature for most foods that we cook in the deep fat fryer in our lab is:

(a) $300^{o}F$ (b) $350^{o}F$ (c) $375^{o}F$ (d) $400^{o}F$

_____(4) The gas control knob is a flat, brace-colored knob located under the fryer:

(a) on the left side.
(b) on the right side.
(c) in the center.

_____(5) The large green-colored handle controls:

(a) the temperature.
(b) the gas.
(c) draining the fryer.

CHAR-BROILER AND GRILL:

_____(1) The most correct piece of equipment that should be used to turn products on both the char-broiler and the grill is:

(a) pancake turner.
(b) offset spatula.
(c) straight-edge spatula.

EQUIPMENT AND SAFETY TEST (4)

CHAR-BROILER AND GRILL (cont'd.):

_____(2) In order to produce the most correct cooking temperature on the char and the grill, the gas knobs should be turned how?
(a) 90° angle or vertical.
(b) horizontal.
(c) 45° angle, or approximately 2 o'clock

_____(3) The cleaning tools and equipment used to clean the char and the grills are located:
(a) under the grill.
(b) under the char.
(c) under the fryer.

_____(4) The wire brush is used to clean:
(a) the grill.
(b) the char-broiler.
(c) the deep-fat fryer.

_____(5) The pumice stone is used by some people to clean:
(a) the grill.
(b) the char-broiler.
(c) the deep-fat fryer.

_____(6) The fine mesh screen is used to clean:
(a) the grill.
(b) the char-broiler.
(c) the deep-fat fryer.

_____(7) TRUE-FALSE: It is impossible for flames to extend above the char-grids when cooking hamburgers on the char-broiler.

_____(8) TRUE-FALSE: The grids on the char-broiler can be placed flat or at an angle to change the cooking speed of the food.

_____(9) TRUE-FALSE: The grease catcher on the grill should be checked and emptied regularly and frequently.

____(10) TRUE-FALSE: You shouldn't clean the char-broiler or grill until they both have been completely cooled down.

REFRIGERATORS AND FREEZERS:

_____(1) TRUE-FALSE: Refrigerators should be cleaned inside weekly with a solution of hot water and baking soda.

_____(2) TRUE-FALSE: Always cover food that is to be kept in the refrigerators.

_____(3) TRUE-FALSE: Eggs and fats can absorb odors, so they should be kept in containers or wrapped.

_____(4) TRUE-FALSE: It is extremely important to check the temperature of the freezer and refrigerators in order to prevent spoilage and contamination.

_____(5) TRUE-FALSE: It is not necessary to leave room for cold air to circulate around the food in a refrigerator or freezer.

EQUIPMENT AND SAFETY TEST (5)

MICROWAVE OVENS:

_____(1) TRUE-FALSE: To cook food in the microwave oven, it must always be on or in a dish of some kind.

_____(2) TRUE-FALSE: You can cook foods in the microwave oven in or on metal or aluminum containers without any concern.

_____(3) TRUE-FALSE: The microwave oven should be wiped out after each usage.

CAN OPENERS:

_____(1) When trying to insert the cutting blade of the can opener into a can, the handle should be:
(a) vertical (up and down).
(b) horizontal (sideways).

_____(2) TRUE-FALSE: It isn't necessary to over-clean the cutting blade on the can opener.

_____(3) TRUE-FALSE: Cut can lids should be completely removed from the can and thrown away before removing the contents from the can to prevent injury to yourself.

_____(4) When opening a can, you should turn the handle in which direction?
(a) clockwise.
(b) counter-clockwise.

DICER:

_____(1) TRUE-FALSE: The dicer should always be left clean.

_____(2) TRUE-FALSE: Bacteria left on the food dicer can contaminate other food.

_____(3) TRUE-FALSE: It is impossible to put the cutting blades into the dicer improperly.

_____(4) TRUE-FALSE: The "pusher" located on the handle should be removed at the end of each usage to be cleaned properly.

_____(5) TRUE-FALSE: Dropping the handle of the dicer can cause no harm or damage to you or the dicing machine.

SLICERS--VERTICAL AND GRAVITY-FED:

_____(1) TRUE-FALSE: The tray which holds the food to be sliced should be taken off and cleaned thoroughly after each usage.

_____(2) TRUE-FALSE: It is impossible to attach the slicing tray on either slicer incorrectly.

_____(3) TRUE-FALSE: Never clean the slicer blade while the machine is turning.

_____(4) TRUE-FALSE: It isn't wise to take your eyes away from the slicing blade while the machine is running.

_____(5) TRUE-FALSE: It is OK to catch the sliced food in your left hand without fear of being cut.

EQUIPMENT AND SAFETY TEST (6)

SLICERS (cont'd.):

_____(6) TRUE-FALSE: It is perfectly OK to joke and tease with other members of the class while you are slicing on either slicer.

_____(7) TRUE-FALSE: The gravity-fed slicer is more dangerous that the vertical-blade slicer.

_____(8) TRUE-FALSE: All blade guards must be taken off and cleaned thoroughly after each usage.

_____(9) When either slicer is not in use, the number on which the dial should be placed is:
(a) 50 (b) 10 (c) zero (d) none of these answers

____(10) Which blade guard on the vertical blade slicer goes on the top?
(a) the one which has a protrusion with a hole.
(b) the one without the protrusion.
(c) It doesn't make any difference.

DISHWASHER:

_____(1) TRUE-FALSE: The water to the pre-rinse faucet would be turned off before leaving at the end of the day.

_____(2) TRUE-FALSE: The red light and buzzer that come on at the very start while you are filling the machine with water indicates the dispenser is feeding soap.

_____(3) TRUE-FALSE: Make sure the drain valve is open when you are filling the machine with hot wash water.

_____(4) TRUE-FALSE: The exhaust fan at the dishwashing area is of no real value and doesn't need to be turned on while operating the machine.

_____(5) TRUE-FALSE: Turning the control knobs on the dish machine to whatever you want or any combination can do no harm to the machine.

_____(6) The temperature of the water in the wash cycle should be:
(a) 150^{o}-160^{o}F (b) 160^{o}-165^{o}F (c) 180^{o}-190^{o}F

_____(7) The temperature of the water of the final rinse should be:
(a) 150^{o}-160^{o}F (b) 160^{o}-165^{o}F (c) 180^{o}-190^{o}F

_____(8) The bottle containing the green liquid is:
(a) soap (b) rinse solution (d) disinfectant

_____(9) To set up the machine at the start of the day you must:
(a) close the drain valve.
(b) fill the washing tank.
(c) turn on the heat for the washing water.
(d) all of the above.

EQUIPMENT AND SAFETY TEST (7)

MACHINE DISHWASHING AREA:

(For questions #1 through #6, indicate by letters A, B, C, D, E, and F the proper sequence order for closing down the machine dishwashing area at the end of the day.)

_____(1) Open drain valve.
_____(2) Turn off machine.
_____(3) Remove and clean rinse and wash arms.
_____(4) Clean screens.
_____(5) Wipe off excess water on stainless steel surfaces.
_____(6) Polish stainless steel area; leave door of machine open to air out.

MISCELLANEOUS:

_____(1) TRUE-FALSE: Silverware should be pre-soaked before washing in the dishwashing machine.

_____(2) TRUE-FALSE: All dishes should have left-over food and garbage removed before stacking.

_____(3) TRUE-FALSE: The dishwasher must pre-rinse the dishes before stacking them into the wash trays.

_____(4) TRUE-FALSE: It is not important if the dishwasher handles the eating portion of the clean silverware with his hands.

_____(5) TRUE-FALSE: The silverware should be placed vertically into the green compartmented container before washing.

_____(6) TRUE-FALSE: It is a good practice to wash wooden dishes, such as our dust boards, in the dish machine.

_____(7) TRUE-FALSE: Cups and glasses should be placed in the rack upside-down for washing in the dish machine.

_____(8) TRUE-FALSE: Cups and glasses should be stored right-side-up after washing so the waiters and waitresses will know that they are clean.

_____(9) TRUE-FALSE: It is not necessary to dry the dishes after they have been washed in the dish machine.

____(10) TRUE-FALSE: It is OK to put toothpicks and scraps of paper into the garbage disposal because it helps to sharpen the blades.

EQUIPMENT AND SAFETY TEST (8)

MATCHING: Place the letter of the correct drawing on the line in front of the correct name:

_____ (1) dough hook

_____ (2) flat beater

_____ (3) mixer whip

_____ (4) off-set spatula

_____ (5) dough cutter

_____ (6) stock pot

_____ (7) sauce pan

_____ (8) skimmer

_____ (9) French knife

_____(10) boning knife

_____(11) liquid measure

_____(12) double boiler

_____(13) ladle

_____(14) scoop

_____(15) dry measure

_____(16) strainer

_____(17) colander

_____(18) China cap

_____(19) cooling rack

_____(20) spatula

_____(21) hand-wire whip

_____(22) cooking fork

_____(23) baking sheet pan

_____(24) sandwich spreader

_____(25) slotted cooking screen

EQUIPMENT AND SAFETY TEST (9)

ABBREVIATIONS AND EQUIVALENTS:

_____ (1) Write the correct abbreviation for cup.

_____ (2) Write the correct abbreviation for quart.

_____ (3) Write the correct abbreviation for pint.

_____ (4) Write the correct abbreviation for ounce.

_____ (5) Write the correct abbreviation for pound.

_____ (6) Write the correct abbreviation for gallon.

_____ (7) Write the correct abbreviation for teaspoon.

_____ (8) Write the correct abbreviation for degrees Fahrenheit.

_____ (9) Write the correct abbreviation for fluid ounces.

_____ (10) Write the correct abbreviation for tablespoon.

_____ (11) Write the correct abbreviation for hour.

_____ (12) Write the correct abbreviation for minute.

_____ (13) Write the correct abbreviation for dozen.

_____ (14) Write the correct symbol for percent.

_____ (15) How many seconds are there in one minute?

_____ (16) How many cups are there in one pint?

_____ (17) How many cups are there in one quart?

_____ (18) How many cups are there in one gallon?

_____ (19) How many ounces are there in one pound?

_____ (20) How many teaspoons are there in one tablespoon?

_____ (21) How many tablespoons are there in one cup?

_____ (22) How many fluid ounces are there in one cup?

_____ (23) How many quarts are there in one gallon?

_____ (24) How many pints are there in one quart?

_____ (25) How many minutes are there in one hour?

ESSAY: This question is worth 5 points and your answer should be written on the back of this page. Explain the different types of injury that can result from students joking, teasing, and playing games in the kitchen. Why are teachers against the use of drugs before working in a kitchen?

EQUIPMENT AND SAFETY TEST (10)

GENERAL:

_____(1) If you should burn yourself in the foods lab (kitchen), what should you put onto the burn?
(a) butter.
(b) oil.
(c) ice or cold water.
(d) Place your mouth over burned area.

_____(2) If a grease fire should start in the lab and the fire extinguisher can't be used, what should you do to put out the fire?
(a) Pour water onto the fire.
(b) Pour salt onto the fire.
(c) Pour baking soda onto the fire.
(d) Pour flour onto the fire.

_____(3) TRUE-FALSE: All spills on the floor should be wiped up immediately.

_____(4) TRUE-FALSE: All dirty French knives should be put into the pot sink wash water immediately so they can be washed.

_____(5) TRUE-FALSE: The side towel is part of the proper uniform in this foods lab.

_____(6) TRUE-FALSE: You don't have to be concerned about plugging in electrical appliances with wet hands or feet because nothing could possibly happen to you.

_____(7) TRUE-FALSE: All chipped or cracked dishes or glasses should be thrown away and not used.

_____(8) TRUE-FALSE: A hot pan or pot should never be left at the pot sink without being placed in the water to cool down or informing the pot washer.

_____(9) TRUE-FALSE: All production areas should be kept neat, clean, and well organized at all times.

____(10) TRUE-FALSE: It is alright to sit on the tops of the cooking preparation or eating surfaces without any concerns for sanitation.

____(11) TRUE-FALSE: Bleach is a good example of a disinfectant.

____(12) TRUE-FALSE: All hot foods should be kept at a temperature above $210^{o}F$ to prevent bacterial growth.

____(13) TRUE-FALSE: All cold foods should be kept at a temperature below $40^{o}F$ to prevent bacterial growth.

____(14) TRUE-FALSE: People handling food should make sure that their hands and personal being and clothes are clean before they handle food.

____(15) TRUE-FALSE: One should always wash the flour sifter in the pot sink after each use.

EQUIPMENT AND SAFETY TEST (11)

GENERAL (cont'd.):

____(16) TRUE-FALSE: The wooden rolling pins should be washed in the pot sink before putting them away.

____(17) TRUE-FALSE: A dull knife is considered to be more dangerous than a sharp one.

____(18) TRUE-FALSE: The pan and cutting blades on the large "dough cutter" which divides dough into 36 equal parts should be washed after each use.

____(19) TRUE-FALSE: It is alright to chew gum in the foods lab and while waiting on customers in the dining room.

____(20) TRUE-FALSE: There is no correct way to remove a lid from a steaming pot.

____(21) TRUE-FALSE: Open-toed shoes or sandals are perfectly alright to be worn in the foods lab.

____(22) TRUE-FALSE: The temperature of the wash and rinse water in the pot sink is not important.

____(23) TRUE-FALSE: No one ever gets hurt in a foods lab or kitchen.

____(24) TRUE-FALSE: When carrying a knife, the point of the knife should be carried facing down and the blade of the knife should be protected.

(25) The three things that bacteria need in order to grow are: (a) food, (b) moisture, and (c)_____. (Fill in the blank.)

SOURCE: Ardis J. Jarrett, Mt. Diablo High School, Concord, CA

ANSWER SHEET
FOR
EQUIPMENT AND SAFETY TEST

HOBART MIXERS:

(1) +
(2) +
(3) 0
(4) +
(5) D

BAKERY OVENS:

(1) B
(2) A
(3) D
(4) C
(5) A
(6) B
(7) D
(8) B
(9) C
(10) B

BAKER'S SCALE:

(1) +
(2) 0
(3) 0
(4) +
(5) +
(6) 0
(7) 0
(8) +
(9) +
(10) 0

PROOF CABINET:

(1) +
(2) +
(3) C

DEEP FAT FRYER:

(1) +
(2) +
(3) C
(4) B
(5) C

CHAR-BROILER & GRILL:

(1) B
(2) C
(3) B
(4) B
(5) A
(6) A
(7) 0
(8) +
(9) +
(10) 0

REFRIGERATORS & FREEZERS:

(1) +
(2) +
(3) +
(4) +
(5) 0

MICROWAVE OVENS:

(1) 0
(2) 0
(3) +

CAN OPENERS:

(1) A
(2) 0
(3) +
(4) A

DICER:

(1) +
(2) +
(3) 0
(4) +
(5) 0

SLICERS--VERTICAL & GRAVITY-FED:

(1) +
(2) 0
(3) +
(4) +
(5) +
(6) 0
(7) 0
(8) +
(9) C
(10) A

DISHWASHER:

(1) +
(2) +
(3) 0
(4) 0
(5) 0
(6) A
(7) C
(8) B
(9) D

ANSWER SHEET--EQUIPMENT & SAFETY TEST (cont'd.):

MACHINE DISHWASHING AREA:

(1) 2
(2) 1
(3) 3
(4) 4
(5) 5
(6) 6

MISCELLANEOUS:

(1) +
(2) +
(3) 0
(4) 0
(5) +
(6) 0
(7) +
(8) 0
(9) +
(10) 0

MATCHING:

(1) I
(2) F
(3) H
(4) D
(5) E
(6) M
(7) L
(8) N
(9) G
(10) 0
(11) Q
(12) W
(13) J
(14) S
(15) P
(16) R
(17) C
(18) B
(19) Y
(20) X
(21) K
(22) T
(23) V
(24) A
(25) U

ABBREVIATIONS & EQUIVALENTS:

(1) c.
(2) qt.
(3) pt.
(4) oz.
(5) lb.
(6) gal.
(7) t.
(8) °F
(9) fl.oz.
(10) T
(11) hr.
(12) min.
(13) doz.
(14) %
(15) 60
(16) 2
(17) 4
(18) 16
(19) 16
(20) 3
(21) 16
(22) 8
(23) 4
(24) 2
(25) 60

GENERAL:

(1) C
(2) C
(3) +
(4) 0
(5) +
(6) 0
(7) +
(8) 0
(9) +
(10) 0
(11) +
(12) 0
(13) +
(14) +
(15) 0
(16) 0
(17) +
(18) 0
(19) 0
(20) 0
(21) 0
(22) 0
(23) 0
(24) +
(25) oxygen

PREPARATION TEST

Ray Leong, of Monte Vista High School, Danville, California, suggests the following pre-test:

STEP I:

Student is given a recipe and a cook-book picture.

STEP II:

Student is to read the recipe to the instructor out loud.

STEP III:

Student prepares the recipe according to instruction.

RECIPES AND INSTRUCTIONS

(Used by Ardis J. Jarrett, Mt. Diablo High School, Concord, CA)

Crepe/Omelet Station:

- Crepes Diablo
- Crepes Stroganoff
- Denver Omelet
- Spanish Omelet

Cold Sandwich Station:

- Duet Board
- Triple-Decker or Club Sandwich
- Cold Turkey Sandwich
- Serendipity Sandwich

Deep-Fat Fryer Station:

- Monte Cristo Sandwich
- Onion Rings
- French-Fried Potatoes
- Chicken Burger

Char-Broiler Station:

- Hamburger
- Patti-Melt
- Steak Sandwich
- Steak 'n Stuff

Grill Station:

- Grilled Ham & Cheese
- Pastrami & Cheese on Rye
- Turkey Supreme

Salad Station:

- Dinner Salad
- Spinach Salad
- Seafood Salad
- Chef Salad

RECIPES AND INSTRUCTIONS (cont'd.)

South-of-the-Border Station:

- Tosturitto
- Taco Salad

Bakery Station:

- Croissant Dough
- Apple Pie
- Crazy Chocolate Cake
- Cheesecake Crust
- Serendipity Cheesecake

CREPE/OMELET STATION

CREPES DIABLO:

(1) Two dinner crepes filled with 2 scoops (orange handle - #30) of the Diablo mixture.
(2) Roll crepes and place on 8" sandwich plate.
(3) Place crepes and plate into microwave and cook on #4.
(4) Remove from oven and spread curry wine sauce over the top.
(5) Garnish with tomato wedges (2) and parsley.

* Diablo mixture is equal parts of diced ham, turkey, cheese, and celery.

CREPES STROGANOFF:

(1) Two dinner crepes filled with 2 scoops (orange handle - #30) of the hamburger stroganoff mixture.
(2) Roll crepes and place on 8" sandwich plate.
(3) Place crepes and plate into microwave oven and cook on #3.
(4) Remove from oven and spread mushroom sauce over the top.
(5) Garnish with parsley.

* Mix stroganoff mixture, cooked hamburger which has been drained, diced onions, stroganoff seasoning, sherry, and water. Simmer approximately 15 minutes. Add sour cream before serving.

DENVER OMELET:

(1) Ladle 4 oz. of egg mixture* into hot omelet or crepe pan.
(2) Sprinkle Diablo mixture in straight line in the center of the omelet.
(3) Cover with lid and cook. Turn and continue to cook if necessary.
(4) Roll cooked omelet and place in a Rankin dish which is then placed onto an 8" sandwich plate.
(5) Ladle 2 oz. Hollandaise sauce over the omelet. Garnish with parsley.
(6) Serve with toasted English muffin which has been buttered and cut in half.

SPANISH OMELET:

(1) Ladle 4 oz. of egg mixture into hot omelet or crepe pan.
(2) Place 1/2 of green chili on 1/2 of the semi-cooked omelet.
(3) Place one slice of Monterey Jack cheese on top of green chili.
(4) Cover and continue to cook. When cooked, fold uncovered half over cheese and chill. Place in Rankin dish.
(5) Garnish with 1 to 1½ oz. chili sauce and sprig of parsley.
(6) Serve on 8" sandwich plate with a hot, rolled flour tortilla.

DINNER CREPES:

2 c all-purpose flour
¼ t salt
6 eggs
2 T melted margarine
1½ c canned milk
1½ c water

Directions: Mix all ingredients together with wire hand-whip. Cook approximately 2 oz. of mixture per crepe in hot crepe pan. Cook on both sides.

DESSERT CREPES:

Same as above plus the addition of ½ cup sugar. Generally we cook less batter and make the crepes smaller for dessert.

CREPES DIABLO and DENVER OMELET FILLING:

Equal parts of:

(1) chopped ham
(2) chopped turkey
(3) chopped American cheese
(4) chopped celery

SCRAMBLED EGGS:

Beat together 6-8 eggs with approximately ½ cup water. Instead of using whole eggs, use 1½ to 2 cups bulk egg mixture (4 oz. per omelet).

STROGANOFF MIXTURE:

Brown hamburger. Drain off excess fat or grease. Return mixture to pan. Add commercial Stroganoff seasonings and water; continue to simmer. Add sour cream before serving.

HAMBURGER SET-UPS:

(1) one leaf of red-leaf or butter lettuce
(2) slice of onion which has been cut on #12
(3) slice of tomato cut on #18
(4) slice of dill pickle
(5) black olive
(6) All the above is held together with a fancy toothpick.

* These are made on tan tray ... 3 across and 4 down.

COLD SANDWICH STATION

DUET BOARD:

(1) Cut pocket bread in half.
(2) Put into the pocket bread the following:
    (a) two slices of turkey
    (b) one triangle slice of American cheese
    (c) one tomato slice
    (d) approximately 1 oz. of Hollandaise sauce
(3) Cook in microwave on #3.
(4) Remove from microwave and add alfalfa sprouts and 2 slices avocado.
(5) Place on wooden cutting board.

* Waiter/waitress will add the bowl of soup before serving.

TRIPLE-DECKER or CLUB SANDWICH:

(1) Toast 3 slices of bread.
(2) Spread toasted bread with a thin layer of mayonnaise.
(3) Put sandwich together in the following order:
    (a) toasted bread with mayonnaise
    (b) lettuce leaf
    (c) slice of turkey
    (d) toasted bread with mayonnaise
    (e) 3 slices of tomato
    (f) one slice of ham
    (g) toasted bread with mayonnaise
(4) Place 4 fancy toothpicks into sandwich and cut corner-to-corner.
(5) Place lettuce leaf in center of 8" plate; then place a #8 scoop (grey handle) of potato salad in the center of lettuce leaf topped with a black olive.
(6) Place cut sandwich around the potato salad with the "points" up.

COLD TURKEY SANDWICH:

(1) Two pieces of whole-wheat bread spread with a thin layer of mayonnaise.
(2) Put the sandwich together as follows:
    (a) whole-wheat bread with mayonnaise
    (b) 2 slices of turkey
    (c) 2 slices of tomato
    (d) one lettuce leaf
    (e) whole-wheat bread spread with mayonnaise
(3) Cut sandwich in half before placing onto an 8" plate.
(4) Garnish with the garnish of the day.

SERENDIPITY SANDWICH:

(1) Two slices of whole-wheat bread spread with a thin layer of mayonnaise.
(2) Put sandwich together as follows:
    (a) whole-wheat bread with mayonnaise
    (b) several spinach leaves
    (c) 2 slices of Monterey Jack cheese
    (d) alfalfa sprouts
    (e) whole-wheat bread with mayonnaise
(3) Cut and serve same as cold turkey sandwich.

DEEP-FAT FRYER STATION

MONTE CRISTO SANDWICH:

(1) Two slices of white bread spread with a thin layer of mayonnaise.
(2) Put sandwich together as follows:
    (a) slice of ham
    (b) slice of Swiss cheese
    (c) slice of turkey
    (d) bread with mayonnaise
(3) Cut sandwich diagonally in half.
(4) Dip into batter*; deep-fat fry at 375°F until golden brown.
(5) Place sandwich onto 8" sandwich plate. Sprinkle with powdered sugar.
(6) Garnish with the garnish of the day.

ONION RINGS:

(1) Slice onions so slices are approximately 1/4" wide ... or slice at #18 on slicer.
(2) Separate onion slices into rings.
(3) Dip individual onion rings into Monte Cristo batter and deep-fat fry at 375°F until golden brown.
(4) Serve on 8" plate.

* The remaining smaller center of the onion slices can then be chopped fine for saute ... to be used on the Patty Melt.

** Waiter/waitress will serve with catsup packets.

FRENCH-FRIED POTATOES:

(1) Deep-fat fry frozen potatoes, using fryer basket for approximately 3-5 minutes at 375°F, or until golden brown.
(2) Drain.
(3) An average serving is between 8-10 ounces.
(4) Place on 8" plate for serving.

* Waiter/waitress will serve with catsup packets.

CHICKEN BURGER:

(1) Place frozen chicken burger into frying basket.
(2) Deep-fry in fryer at 375°F for approximately 3-5 minutes.
(3) Place on grilled hamburger bun ... open-faced.
(4) Serve on 8" plate garnished with a "Hamburger Set-Up" and a small container of mayonnaise.

RECIPES

MONTE CRISTO BATTER:

4	8	egg whites beaten stiff	
4	8	egg yolks	Beat together. Then fold in stiffly beaten egg whites. *Don't over-mix!*
1½ c	2½ c	canned milk	
1¼ c	2½ c	water	
2½ c	5 c	flour	
3/4 t	1½ t	salt	
1½ t	1 T	baking powder	

BASIC WHITE SAUCE:

½ c	½ lb.	1 lb.	margarine
½ c	1 c	2 c	flour
1½ t	1 T	2 T	salt
4 c	2 qts.	1 gal.	milk (reconstituted powdered milk)

Directions:

(1) Melt margarine in a sauce pan.
(2) Stir in flour to make paste and cook approximately 2 minutes.
(3) Add salt.
(4) Slowly add milk, stirring constantly.

Curry Wine Sauce: Add curry powder, sherry, and chives.

Cheddar Cheese Sauce: Add grated cheddar cheese and Worchestershire sauce.

HOLLANDAISE SAUCE:

½ qt.	1 qt.	1½ qts.	
½ lb.	1 lb.	2 lbs.	melted real butter
2 T	¼ c	⅛ c	cold water
3	6	12	egg yolks
½ lemon	1 lemon	2 lemons	lemon juice

Directions:

(1) Whip egg yolks and water together in stainless steel bowl with wire whip.
(2) Place bowl over pot of boiling water, making sure bottom of bowl doesn't touch the water.
(3) Stir egg yolk mixture constantly. Cook until the egg mixture looks like the consistency of mayonnaise. Don't over-cook.
(4) Remove from heat.
(5) Slowly add melted butter while beating constantly with the hand-wire whip.
(6) Add lemon juice and seasonings.

CHAR-BROILER STATION

HAMBURGER:

(1) Place 1/4-pound hamburger patty on char.
(2) Cook until edges begin to turn light brown; then turn patty 1/4 turn around to produce criss-cross design. Continue to cook.
(3) Repeat same procedure on other side.
(4) Spread hamburger bun with melted margarine and grill until golden brown.
(5) Serve on 8" plate with "Hamburger Set-Up."
(6) Add slice of American cheese to make cheeseburger.

PATTI-MELT:

(1) Spread 2 slices of rye bread with melted margarine and place on the grill.
(2) IMMEDIATELY top each piece of rye bread with a slice of American cheese and some sauted onions.
(3) Char-broil hamburger as above.
(4) Place cooked hamburger on rye bread and top with other slice of bread.
(5) Remove from the grill; cut in half before placing onto 8" plate.
(6) Garnish with "Hamburger Set-Up."

STEAK SANDWICH:

(1) Place steak on char-broiler. Cook approximately 3 minutes before turning 1/4 turn (similar to the hamburger) to produce the criss-cross pattern.
(2) Turn over and repeat the process on the other side.
(3) Serve on a grilled French roll (open-faced).
(4) Serve on an 8" plate with a "Hamburger Set-Up."

STEAK 'N STUFF:

(1) Place steak on the char-broiler. Cook approximately 3 minutes before turning 1/4 turn to produce the criss-cross pattern. Continue to cook.
(2) Turn steak over and repeat the same cooking process.
(3) Serve on a 10" dinner plate with a steak knife.
(4) Garnish the top of the steak with 3-5 French-fried onion rings.

* Front-of-the-House: Will serve steak with small, tossed green salad, dressing, and bread du jour with margarine.

GRILL STATION

(Responsible for grilling all hamburger buns, rye bread for patti-melts, and buns for steak sandwiches. Can help put together Monte Cristo sandwich if not busy.)

GRILLED HAM & CHEESE:

(1) Two slices of white bread spread with a thin layer of mayonnaise.
(2) Put together as follows:
    (a) bread spread with mayonnaise
    (b) one slice American cheese
    (c) one slice ham
    (d) bread spread with mayonnaise
(3) When sandwich is together, spread the outside of the sandwich or bread with melted margarine and place on the grill.
(4) Grill until golden brown on both sides.
(5) Cut diagonally and place on 8" sandwich plate.
(6) Garnish with garnish of the day.

PASTRAMI & CHEESE ON RYE

(1) Two pieces of rye bread spread with a thin layer of mustard.
(2) Put sandwich together as follows:
    (a) rye bread spread with mustard
    (b) two pieces sliced pastrami
    (c) slice of Swiss cheese
    (d) rye bread spread with mustard
(3) Spread outside of sandwich with melted butter and grill until golden brown and cheese is melted.
(4) Cut in half before putting onto 8" sandwich plate.
(5) Garnish with garnish of the day.

TURKEY SUPREME:

(1) Two matching slices of white bread.
(2) Spread each piece of bread with cold Hollandaise sauce.
(3) Put the sandwich together as follows:
    (a) bread with Hollandaise sauce
    (b) two slices of turkey
    (c) one slice of tomato
    (d) one slice of American cheese
    (e) other slice of bread with Hollandaise sauce
(4) Spread the outside of the sandwich with melted margarine and grill until golden brown.
(5) Cut the sandwich diagonally before putting onto 8" sandwich plate.
(6) Garnish with garnish of the day.

SALAD STATION

DINNER SALAD:

(1) 8" sandwich plate.
(2) Fill plate with tossed salad mixture.
(3) Garnish with tomato wedge, cucumber slices, radish rose, and a black olive.

* Waiter/waitress responsible for dressing, bread du jour, and chilled fork.

SPINACH SALAD:

(1) Chef salad bowl.
(2) Line bowl with red-leaf lettuce, leafy salad-bowl lettuce, or Romaine lettuce leaves.
(3) Fill center of bowl with chopped, clean spinach leaves. *(No stems or dirt!! Don't chop too fine!! Don't wring the leaves!! Spinach leaves are to be torn carefully!!)*
(4) Sprinkle spinach with chopped black olives.
(5) Spread a sliced hard-cooked egg across the top.
(6) Serve on a 10" dinner plate.

SEAFOOD SALAD:

(1) Line an 8" plate with lettuce leaves.
(2) Cut tomato only 3/4 of the way, making 8 wedges.
(3) Using a #12 scoop (green handle), place a scoop of the tuna mixture onto the cut tomato.
(4) Garnish with small lemon wedge, cucumber slices, and olive.

CHEF SALAD:

(1) Line chef salad bowl with red-leaf lettuce, leafy salad-bowl lettuce, or Romaine lettuce leaves. Iceberg leaves may also be used if nothing else is available.
(2) Fill center of the bowl with a handful of the chopped salad green mixture.
(3) Garnish the top of the salad with:
    (a) 5-8 thin strips of American cheese
    (b) 5-8 thin strips of Swiss cheese
    (c) 5-8 thin strips of ham
    (d) 5-8 thin strips of turkey
    (e) 2 tomato wedges (1/8th slice)
    (f) cucumber slices
    (g) radish rose
    (h) black olive
    (i) one hard-cooked egg sliced and spread diagonally across the top
(4) Bowl is served on a 10" chilled dinner plate.

RECIPES

BLUE CHEESE (ROQUEFORT) DRESSING:

2 qts.	mayonnaise	Blend together with a spoon or hand wire-whip.
2 t	Worchestershire sauce	
4 t	garlic powder	
4 T	chopped chives	
4 T	coarse-ground black pepper	
4 pkgs. (4 oz.)	crumbled blue cheese	

Add and mix the following: 1 qt. sour cream and 2 cups buttermilk

THOUSAND ISLAND DRESSING:

1 qt.	mayonnaise
2 c	catsup
½ c	dried parsley flakes
½ c	dehydrated onions
1 c	sweet pickle relish
to taste	salt and pepper
4	chopped, hard-cooked eggs

SEAFOOD MIXTURE:

- canned tuna (drained)
- diced onion
- diced pickle relish
- diced hard-cooked eggs
- diced celery
- diced American cheese
- mayonnaise
- salt and pepper to taste

POTATO SALAD:

- peeled and diced boiled potatoes
- diced onions
- diced celery
- diced carrots (which substitute for pimiento)
- diced hard-cooked eggs
- diced pickles or sweet pickle relish
- celery seed
- salt and pepper to taste
- sour cream
- mayonnaise
- (can add dill pickle juice or mustard for tang)

TOSSED GREEN SALAD MIXTURE:

Chop into approximately 1" cubes:

2	4	iceberg or head lettuce
1	2	Romaine lettuce
1	2	bunches of spinach
¼	½	head shredded and finely-chopped red cabbage

Mix and toss.

SOUTH-OF-THE-BORDER STATION

(covered by pot sink or back-up or salad)

TOSTURITTO:

(1) Place one flour tortilla onto a 10" dinner plate.
(2) Spread one #12 scoop (green handle) of refried beans onto the tortilla.
(3) Sprinkle one #16 scoop (blue handle) of taco hamburger mixture on top of the spread refried beans.
(4) Microwave on #2 (40 seconds).
(5) Sprinkle on the following after microwaving:
    (a) grated cheddar cheese
    (b) shredded iceberg lettuce
    (c) chopped tomatoes
    (d) chopped onions
    (e) chopped olives
    (f) chopped avocadoes
(6) Top with a #40 scoop of imitation sour cream

* Waiter/waitress will serve with 2 taco sauce squeeze packets.

TACO SALAD:

(1) Line a chef salad bowl with red-leaf lettuce (or the equivalent); then fill the bowl with chopped salad mixture from the Salad Station ... same as for chef salad.
(2) Sprinkle on the top of the lettuce mixture the following:
    (a) One #16 scoop (blue handle) of taco hamburger mixture
    (b) chopped black olives
    (c) chopped avocadoes
    (d) shredded cheddar cheese
(3) Place small cup of Guacamoli in center of the salad.
(4) Put 2 oz. of saulsa around outer edge of the salad.
(5) Put taco chips around outer edge (8-10 chips).
(6) Put finished salad bowl onto a 10" dinner plate.

* Waiter/waitress will serve with 2 taco sauce squeeze packets.

BAKERY STATION

CROISSANT DOUGH:

Oven Temperature, 375°F. Approximate baking time, 15-20 minutes.

5 lbs.	bread flour
8 oz.	sugar (granulated)
2 oz.	salt
8 oz.	shortening (primex)
4 oz.	milk (powder-dry)
3 lbs.	water (110)
2¼ oz.	Saf yeast

Plain Croissants = 2½ oz.; Filled Croissants = 3½ oz.

Directions:

(1) Place warm water in mixing bowl; add the remaining ingredients.
(2) Mix 2 minutes on speed #1, then 8-10 minutes on speed #2.
(3) Place dough on lightly floured sheet pan and place in refrigerator overnight.
(4) Roll in 1½ lb. sweet butter and 1½ lb. baker margarine (according to roll-in instructions).

APPLE PIE:

Oven temperature, 325°F. Approximate baking time, 30-40 minutes.

Yield = 4 thawed	Yield = 8 thawed	
1 #10 can	2 #10 cans	canned apples, drained
3 c	1½ qts.	sugar (granulated)
1 c	2 c	flour (A.P.)
2 t	4 t	nutmeg
2 t	4 t	cinnamon
2 T/pie	2 T/pie	butter or margarine

Directions:

(1) Set out of freezer.
(2) Mix apples, flour, sugar, and spices together.
(3) Brush pie shells with egg wash to seal edges.
(4) Divide filling equally into shells.
(5) Dot with butter (2 T per pie).
(6) Top with self-made pastry crust (see recipe ... 6 oz. per pie top). Seal edges.
(7) Flute edges; slit top.
(8) Brush with egg wash and top with crystal sugar. Bake.

CRAZY CHOCOLATE CAKE:

Oven temperature, 325°F. Approximate baking time, 20-30 minutes (for layers); 25-35 minutes (for full sheet).

Dry Mix:

6-3/4 qts.	flour
4½ qts.	sugar (granulated)
2½ c	cocoa
3 T	salt
6 T	soda

Directions:

(1) Combine all ingredients.
(2) Mix thoroughly with wire whip on mixer.
(3) Store in plastic container and label.

Cake:

14 c	dry mix
2 c	oil
2 T	vanilla
6 T	vinegar
6 c	cold water

Directions:

(1) Measure dry mix into bowl.
(2) Add liquids and mix quickly just to blend. (Batter will be lumpy.) Do not over-mix.
(3) Scale into pans and bake.

* One batch = 1 full sheet; 16 oz. = one 8" round.

CHEESECAKE CRUST:

4 c	Graham cracker crumbs
¼ c	sugar
½ c	melted baker's margarine

For Chocolate Crust:

5 c	chocolate crumbs
3/4 c	melted margarine
1/4 c	sugar

Directions:

(1) Mix together and divide among springform pans.
(2) Pat into bottoms with drinking glass until firm.

SERENDIPITY CHEESECAKE:

Oven temperature, 300°F. Approximate baking time, 35-45 minutes.

4 lbs.	8 lbs.	cream cheese
2½ c	5 c	sugar (granulated)
8	16	eggs (fresh)
¼ c	½ c	lemon juice
2 T	¼ c	vanilla

Directions:

(1) Cream cheese until smooth. Scrape down bowl.
(2) Add sugar and beat. Scrape down bowl.
(3) Add eggs, vanilla, and lemon juice; mix well.
(4) Scale 2½ lbs. to a pan. (Use a pan for counter-weight.)

* See Cheesecake Crust formula (1⅓ cup crust mix to 8" springform pan).

FOOD PREPARATION/
RESTAURANT SERVICE

(1) Back-of-the-House Student Duties and Performance Grade Records

(2) Front-of-the-House Student Schedule

BACK-OF-THE-HOUSE DUTIES & PERFORMANCE GRADE RECORDS

STUDENT	JOB POSITION	DAILY EXTRA DUTIES	FRIDAY'S CLEAN-UP	MON	TUE	WED	THR	FRI	TOTAL
	MANAGER OF KITCHEN	Supervision of Kitchen	Supervision & Assist						
	CREPE/OMELET STATION	Cool down all soups, stocks, and sauces. Clean stainless steel & cars.	Take stove apart & clean stove top thoroughly!!!!						
	COLD SANDWICH STATION	Clean both slicers and assist in sweeping entire back-of-the-house.	Clean both small refrigerators, microwaves, & stainless steel island, shelves.						
	DEEP-FAT FRYER STATION	Help at the pot sink.	Change oil when necessary; clean fryer, slicers; empty garbage.						
	CHAR-BROILER STATION	Help in the dish room.	Clean char thoroughly; clean and polish hood; put back screens.						
	GRILL STATION	Clean all stove tops; sweep beverage area and entire kitchen.	Clean grill thoroughly; clean and polish hood; put back screens.						
	S.A. BAKERY	Clean and organize entire bakery, refrigerator; do bakery pots and pans.							
	SALAD STATION	Clean all wooden items and tables, salad area and sink; put away pots and pans.	Organize walk-in; clean inside and out; bleach wooden tops.						
	SOUTH-OF-THE-BORDER STATION	Check needed supplies for next day.							
	POT SINK & SALAD-KITCHEN BACK-UP	Wash, clean, dry, and put away all pots, etc.; clean entire area.	Same as daily duty; polish at end of day.						
	DISH ROOM	Do all dishes, silver, etc., and put away; polish.	Do all hood screens, dishes, etc.; clean and polish entire area.						
	BEVERAGE STATION	Clean entire area; remake coffee, tea, etc.	Clean refrigerator, shelves, counters, and organize entire area.						

SOURCE: Ardis J. Jarrett, Mt. Diablo High School, Concord, CA.

DATE: _____

FRONT-OF-THE-HOUSE SCHEDULE

	NAME	M	T	W	T	F	ASSIGNMENTS
Manager	_____	__	__	__	__	__	Seat customers, make sure everything is done, check tables, check all side jobs, assign other jobs.
Head Waiter	_____	__	__	__	__	__	Assist manager, side jobs for absent waiters, etc., check tables and bus stations.
Cashier	_____	__	__	__	__	__	Set up cash register, take employee orders, compile dessert sales, clean area.
Waiter #1	_____	__	__	__	__	__	Soup/salad area, set up/take down clean thoroughly.
Waiter #2	_____	__	__	__	__	__	Vacuum before and after, spot carpet.
Waiter #3	_____	__	__	__	__	__	Beverage area, set-up and break-down, locker room.
Waiter #4	_____	__	__	__	__	__	Northern Lights set-up, clean-up after employees' meal.
Waiter #5	_____	__	__	__	__	__	Set-up bus stations, replenish bus station, sweep front area outside restaurant, vacuum.
Waiter #6	_____	__	__	__	__	__	Fill cream & sugar containers, check salt & peppers, garbage out and clean liners in.
Waiter #7	_____	__	__	__	__	__	Package bakery items, fold boxes, garbage out, liners in garbage cans.
Waiter #8	_____	__	__	__	__	__	Dessert carts, set-up and break-down, clean.
Quad #1	_____	__	__	__	__	__	Bakery case set-up, break-down at 1:15 and clean.
Quad #2	_____	__	__	__	__	__	Check restroom, clean chairs and high chairs, assist with final bussing.
Bus #1	_____	__	__	__	__	__	
Bus #2	_____	__	__	__	__	__	

SOURCE: Ardis J. Jarrett, Mt. Diablo High School, Concord, CA.

FRONT-OF-THE-HOUSE

(1) Order Form

ORDER FORM:

TO ASSIST WAITER/WAITRESS

SERENDIPITY

A la CARTE

_____	Soup du jour	.50	_____
_____	Bread du jour	.20	_____
_____	Onion Rings	.75	_____
_____	French Fries	.75	_____

SALADS

_____	Small Salad	.50	_____
_____	Dinner Salad	.75	_____
_____	Chef Salad	2.25	_____
_____	Seafood Salad	2.25	_____
_____	Spinach Salad	2.00	_____
_____	Potato Salad	.50	_____

SANDWICHES

_____	Serendipity	1.50	_____
_____	Club	1.75	_____
_____	Cold Turkey	1.50	_____
_____	Chicken Burger	1.75	_____
_____	Ham and Cheese	1.25	_____
_____	Hamburger	1.75	_____
_____	Cheeseburger	1.85	_____
_____	Patti Melt	2.00	_____
_____	Monte Cristo	2.00	_____
_____	Pastrami & Rye	1.75	_____
_____	Turkey Supreme	1.75	_____
_____	Steak Sandwich	3.00	_____

SPECIALTIES

_____	Entree of the Day	( )	_____
_____	Steak n' Stuff	3.50	_____
_____	Denver Omelett	1.75	_____
_____	Tosturito	2.00	_____
_____	Spanish Omelett	1.75	_____
_____	Lunch on the Run	1.00	_____
_____	Crepes Diablo	2.00	_____
_____	Crepes Stroganoff	2.00	_____
_____	Duet Board	1.75	_____

BEVERAGES

_____	Coffee	.40	_____
_____	Decaf Coffee	.25	_____
_____	Tea (hot or iced)	.25	_____
_____	Coke, Tab, Root Beer, Sprite	.40	_____
_____	Milk	.25	_____
_____	Hot Chocolate	.25	_____

SUB TOTAL _____

_____	Dessert Cart	.75	_____

TOTAL _____

TAX . . . . _____

Grand Total _____

_____ Waiter/Waitress

Thank you for your patronage!

ADVERTISING

FLYERS:

(1) Serendipity Restaurant Occupations

(2) F.E.A.S.T.

(3) Food Service -- A Regional Occupational Program

BUSINESS CARDS:

(1) Examples (instructor and business)

STATIONERY:

(1) Ardis Jarrett (example)

SERENDIPITY

Contra Costa
Regional Occupational Program

~ RESTAURANT OCCUPATIONS ~

Where? Mt. Diablo High School
2450 Grant Street, Concord, CA 94520 or
2611 East Street, Concord, CA 94520

When? 10:20 a.m. - 1:35 p.m. - Monday through Friday

Who? High School students 16 years of age or older and adults interested in developing a career in the hotel, restaurant, and hospitality fields.

What? SERENDIPITY is a student-operated restaurant established to provide training for young men and women in the field of commercial foods. This program provides extensive training in many areas of commercial foods including on-the-job experiences. One unit of high school credit may be earned for every 16 hours of productive time spent in the class.

What Training? "Back-Of-The-House"

Grill, char-broiler, microwave, hot and cold sandwiches, soups, salads, sauces, garnishes, desserts and bakery.

"Front-Of-The-House"

Bus person, waiter, waitress, host, hostess, cashier, beverage

How? Call: Contra Costa Regional Occupation Program Office
75 Santa Barbara Road
Pleasant Hill, CA 94523
Phone: (415)944-3445 or 944-3465 (Registrar)
for an interview appointment and application.

or...see your counselor

or...contact Miss Jarrett or Mrs. Moon
Mt. Diablo High School
2450 Grant Street, Concord, CA 94520
Phone: (415)682-4030
or
SERENDIPITY Restaurant
2611 East Street, Concord, CA 94520
Phone: (415)798-0882

FEAST

Vocational Education
Mt. Diablo Unified School District

FOODS EDUCATION AND SERVICE TRAINING

Where? Mt. Diablo High School
2450 Grant Street, Concord, CA 94520

When? 8:20 a.m. - 10:05 a.m. - Monday through Friday

Who? Any high school student in the district, preferably Juniors. Sophomores and Seniors who have had other foods courses or with teacher's approval will be accepted.

What? FEAST is a course designed to introduce the student to large quantity food preparation and production. This year class is a feeder to the ROP Restaurant Occupations, which runs the SERENDIPITY Restaurant, 2611 East Street, Concord, CA 94520.

What Training? "Bakery"

Danish yeast breads, quick breads, cakes, cookies, pies and other dessert items

"Main Kitchen"

Soups, sauces, salads, sandwiches, garnishes, dressings, entree specials and breakfast foods.

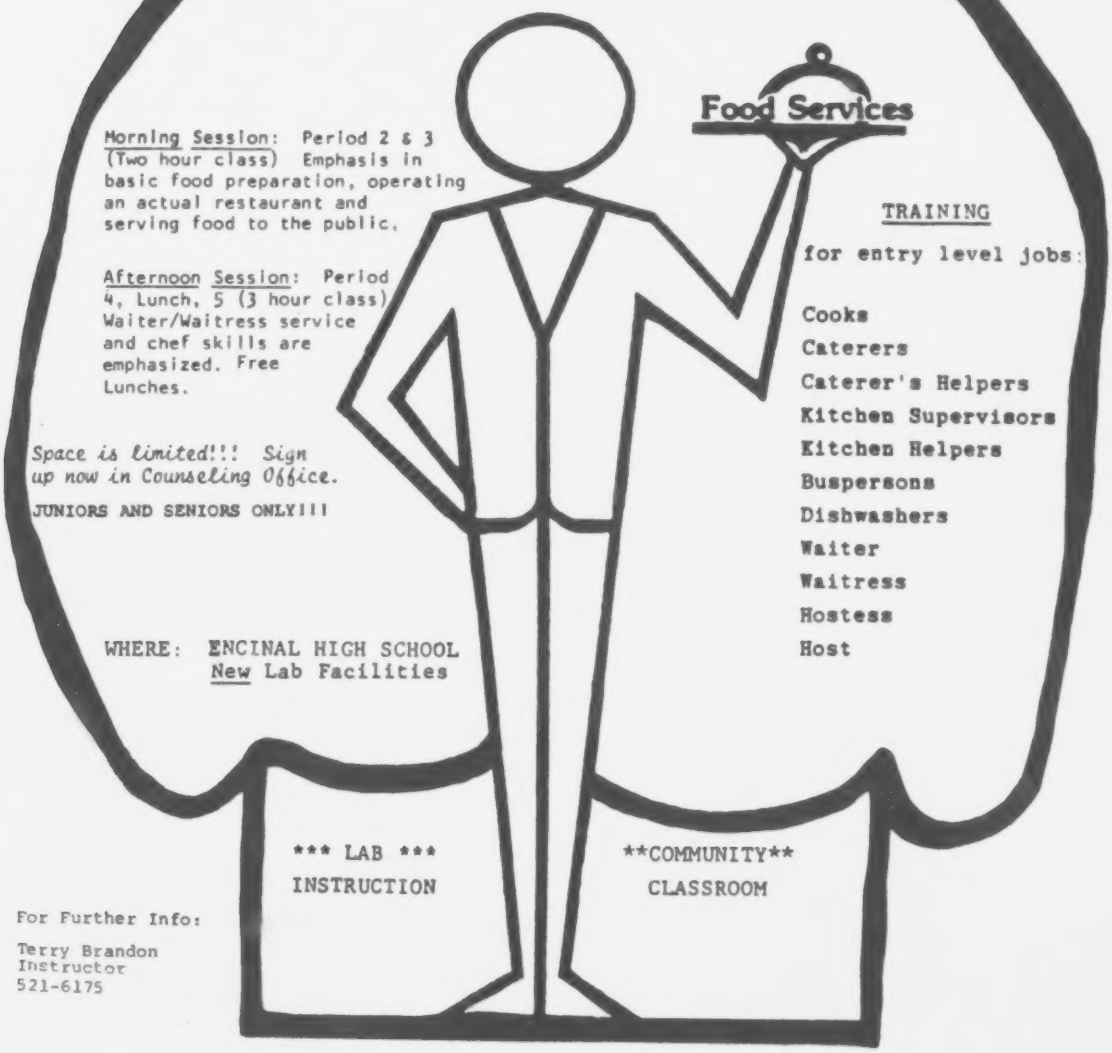
How? See your counselor

or... contact Miss Jarrett or Mrs. Moon
Mt. Diablo High School
2450 Grant Street or 2611 East Street
Concord, CA 94520
Phone: (415)682-4030 or (415)798-0882

~PROJECT~
FEAST

Food Service

A REGIONAL OCCUPATIONAL PROGRAM



Morning Session: Period 2 & 3 (Two hour class) Emphasis in basic food preparation, operating an actual restaurant and serving food to the public.

Afternoon Session: Period 4, Lunch, 5 (3 hour class) Waiter/Waitress service and chef skills are emphasized. Free Lunches.

Space is limited!!! Sign up now in Counseling Office.

JUNIORS AND SENIORS ONLY!!!

WHERE: ENCINAL HIGH SCHOOL
New Lab Facilities

TRAINING

for entry level jobs:

Cooks
Caterers
Caterer's Helpers
Kitchen Supervisors
Kitchen Helpers
Buspersons
Dishwashers
Waiter
Waitress
Hostess
Host

*** LAB ***
INSTRUCTION

COMMUNITY
CLASSROOM

For Further Info:

Terry Brandon
Instructor
521-6175

THE
MODEL
BAKERY

1357 Main St.
St. Helena, CA 94574
Tel.: (707) 963-8192

KAREN MITCHELL & CO.

Catering & The Model Bakery

1357 Main Street, St. Helena, California (707) 963-9731

SERENDIPITY
3611 EAST ST.
CONCORD, CA
798-0662

RESTAURANT OCCUPATIONS

ARDIS JARRETT, INSTRUCTOR
MT. DIABLO HI SCHOOL
2460 GRANT ST.
CONCORD, CA 94520
798-0662

CONTRA COSTA COUNTY
REGIONAL OCCUPATIONAL
AND VO-ED FEAST
PROGRAMS

PLACER UNION HIGH SCHOOL DISTRICT

JOHNNIE L. MILLER

DIRECTOR, CHILD NUTRITION SERVICES

P.O. Box 5048
AUBURN, CA 95604-5048 (916) 885-7820

RAY LEONG
FOOD SERVICE INSTRUCTOR
F.E.A.S.T. Program

Monte Vista High School
3131 Stone Valley Road
Danville, California 94526
(415) 820-2900 Ext. 235

CALIFORNIA CULINARY ACADEMY

VICKY HOFFSCHNEIDER
ASST. TO THE DEAN

625 POLK STREET
SAN FRANCISCO, CA 94102
(415) 771-3536

HOME ECONOMICS

TEACHING ESSENTIAL LIVING SKILLS FOR ALL STUDENTS
A MEMO FROM THE CLASSROOM OF

Ardis Jarrett

798-0882

Mt. Diablo High School
2450 Grant St. Concord, CA 94520

FUNDING SOURCES

(1) Suggestions for Funding and Equipment Sources

SUGGESTIONS FOR FUNDING AND EQUIPMENT SOURCES

(1) Use fundraisers.

(2) Obtain grants from private, state, and federal agencies.

(3) Contact State Professional Chef's Association.

(4) Contact National Restaurant Association.

(5) Look for donated equipment from businesses.

(6) Contact large chain grocery stores.

(7) Contact War Surplus Agency for used equipment.

(8) Attend equipment auctions.

SOURCES FOR RECIPES
AND PRODUCT INFORMATION

A-1 Steak Sauce
P. O. Box 1523-C
Dallas, TX 75221

Almond Board of California
P. O. Box 15920
Sacramento, CA 95813

Alaska Longline Fisherman's Assn.
P. O. Box 2234
Sitka, AK 99835

Alaska Seafood
1005 Tieton Drive
Yakima, WA 98902

Alaska Seafood Marketing Institute
526 Main Street
Juneau, AK 99801

Alex Foods
P. O. Box 3129
Anaheim, CA 92803

Allen Canning Company
P. O. Box 250
Siloam Springs, AR 72761

American Egg Board
205 Touhy Avenue
Park Ridge, IL 60068

American Dairy Assn.
6300 North River Road
Rosemont, IL 60018

American Gas Assn.
Dept. 004, 1515 Wilson Blvd.
Arlington, VA 22209

American Mushroom Institute
907 E. Baltimore Pike
Kennett Square, PA 19348

American Soybean Assn.
P. O. Box 27300
St. Louis, MO 63141

Apollo Strudel Leaves Co.
P. O. Box 153
Fair Lawn, NJ 07410

Archer Daniels Midland
P. O. Box 1470
Decatur, IL 62525

Armanino Farms
100 Pine Street
San Francisco, CA 94111

Aunt Jane Foods
20800 Center Ridge Rd., Suite 211
Rocky River, OH 44116

The Banana Bunch
40 West 57th Street
New York, NY 10019

Blue Water
88 Rogers Street
Gloucester, MA 01930

Bridgeford Food Corp.
P. O. Box 3773
Anaheim, CA 92803

Best Foods
International Plaza
Englewood Cliffs, NJ 07632

Beef Industry Council
444 N. Michigan Ave.
Chicago, IL 60611

Bil-Mar Foods, Inc.
8300 - 96th Avenue
Zeeland, MI 49464

Beans of the West
300 Elliott Ave. W., Suite 260
Seattle, WA 98119

Batter-Lite Foods
P. O. Box 476
Beloit, WI 53511

Baker's Chocolate & Coconut
P. O. Box 600
Dover, DE 19901

Bonner Packing Company
P. O. Box 12148
Fresno, CA 93776

Bryan Foods
P. O. Box 1177
West Point, MS 39773

Baker Canning Company
P. O. Box 248
Theresa, WI 53091

California Kiwi Fruit Commission
1540 River Park Dr., Suite 120
Sacramento, CA 95815

Cheese & Specialty Foods
P. O. Box 3115
Stamford, CT 06905

California Table Grape Commission
P. O. Box 5498
Fresno, CA 93755

California Fresh Tomatoes
690 Fifth Street
San Francisco, CA 94107

Continental Nut Company
P. O. Box 400
Chico, CA 95927

California Raisin Advisory Board
P. O. Box 5335
Fresno, CA 93755

Chocolate Manufacturing Assn.
7900 Westpack Dr., Suite 514
McLean, VA 22102

California Olive Industry
516 N. Fulton
Fresno, CA 93728

Chiquita Brand, Inc.
15 Mercedes Drive
Montvale, NJ 07645

California Apricot Advisory Board
1280 Boulevard Way
Walnut Creek, CA 94595

Cream Products Company
1623 Cicero Avenue
Chicago, IL 60650

California Iceberg Lettuce Commission
P. O. Box 3354
Monterey, CA 93940

Cling Peach Advisory Board
P. O. Box 7111
San Francisco, CA 94120

California Prune Advisory Board
103 World Trade Center
San Francisco, CA 94111

Campbell Soup Company
Campbell Place
Camden, NJ 08101

California Vegetable Concentrates
P. O. Box 3659
Modesto, CA 95352

Castle & Cooke Foodservice
P. O. Box 3928
San Francisco, CA 94120-7330

California Canners & Growers
3100 Ferry Building
San Francisco, CA 94106

Coldwater Seaford Corp.
1075 Central Park Avenue
Scarsdale, NY 10583

California Strawberry Advisory Board
P. O. Box 269
Watsonville, CA 95077

Corrin Produce Sales, Inc.
655 E. Dinisba Avenue
Reedley, CA 93654

California Avocado Commission
17620 Fitch, 2nd Floor
Irvine, CA 92714

Carnation Corporation
1620 N. Spring Street
Los Angeles, CA 90012

Del Monte Corp.
P. O. Box 3575
San Francisco, CA 94106

Defiance Milk Products
24 North Clinton
Defiance, OH 43512

Duram Macaroni/Burson-Marsteller
866 Third Avenue
New York, NY 10022

Dole Processed Food Company
P. O. Box 7330
San Francisco, CA 94120-7330

Diamond Crystal Salt Co.
10 Burlington Avenue
Wilmington, MA 01887

Durkee Famous Foods
2333 W. Logan Blvd.
Chicago, IL 60647

Equal
P. O. Box 7766
Mt. Prospect, IL 60056-7766

Emmber Brands, Inc.
P. O. Box 2006
Milwaukee, WI 53201

First World Cheese Association
76 S. Orange Avenue
S. Orange, NJ 07079

Fishery Products, Inc.
18 Electronics Avenue
Danvers, MA 01923

The R. T. French Company
P. O. Box 22338
Rochester, NY 14692

State of Florida
Department of Citrus
Lakeland, FL 33802

Florida Tomato Exchange
P. O. Box 20635
Orlando, FL 32814

Florida Celery Commission
P. O. Box 20067
Orlando, FL 32814

Mrs. Friday's Fish Products
P. O. Box 21385
Los Angeles, CA 90021

Gourmet Fresh
8701 W. Gage Blvd.
Kinnewich, WA 99336

Gold Medal Products
1826 Freeman Avenue
Cincinnati, OH 45214

General Mills, Inc.
P. O. Box 1113
Minneapolis, MN 55440

General Foods
250 North Street
White Plains, NY 10625

Hershey Foods Corp.
19 E. Chocolate Avenue
Hershey, PA 17033

Hidden Valley Ranch
P. O. Box 24305
Oakland, CA 94623

Harkers
521 - 8th Avenue S.W.
LeMars, IA 51031

Heublin, Inc.
4 Farm Springs Drive
Farmington, CT 06032

Halibut Assn. of North America
309 Maritime Bldg., 911 Western Ave.
Seattle, WA 98104

Idaho Bean Commission
P. O. Box 9433
Boise, ID 83707

ID-WA Dry Pea & Lentil Commission
P. O. Box 8566
Moscow, ID 83843

Idaho Fresh Pak
P. O. Box 130
Lewisville, ID 83431

International Apple Institute
P. O. Box 1137
McLean, VA 22101

Iowa Corn Promotion Board
200 West Towers, 1200 - 35th St.
West Des Moines, IA 50265

Jasper Wyman & Sons
Milbridge
Maine 04658

The Johnston Company
P. O. Box 691
Milwaukee, WI 53201-0691

Kellogg Company
235 Porter Street
Battle Creek, MI 49016

Kronos Foods, Inc.
4501 W. District Blvd.
Chicago, IL 60632

Kitchens of Sara Lee
500 Waukegan Road
Deerfield, IL 60015

Keebler Foodservice
One Hollow Tree Lane
Elmhurst, IL 60126

Kikkoman International, Inc.
P. O. Box 784
San Francisco, CA 94115

Lamb Education Center
200 Clayton Street
Denver, CO 80206

Land-O-Lakes
P. O. Box 116
Minneapolis, MN 55440

Lea & Perrins
Pollett Drive
Fair Lawn, NJ 07410

Thomas J. Lipton Co.
800 Sylvan Avenue
Englewood, NJ 07632

Louis Rich Company
P. O. Box 288
West Liberty, IA 52776

Lindsey International, Inc.
P. O. Box 278
Lindsey, CA 93247

Michigan Fruit Canners
P. O. Box 156
Benton Harbor, MI 49022

Mrs. Smith's Frozen Foods
P. O. Box 298
Pottstown, PA 19464

McCarty - State Pride Foods
P. O. Box 2718
Jackson, MS 39207

Moore's Food Products
P. O. Box 24305
Oakland, CA 94623

The Michigan Bean Commission
P. O. Box 22037
Lansing, MI 48909

Mann Packing Company
P. O. Box 908
Salinas, CA 93902

McCormick & Company
11350 McCormick Road
Hunt Valley, MD 21031

National Pasta Association
P. O. Box 1008
Palatine, IL 60067

Wheat Industry Council
1333 H Street NW, Suite 1200
Washington, DC 20005

Washington Asparagus Growers
P. O. Box 150
Sunnyside, WA 98944

Welch Foods
2 South Portage
Westfield, NY 14787

Washington State Potato Commission
108 Interlake Road
Moses Lake, WA 98837

C. G. Whillock Process Co.
P. O. Box 259
Springfield, IL 62705

Yohay Baking Company
75 Grand Avenue
Brooklyn, NY 11205

Young Pecan Sales
P. O. Box 5779
Florence, SC 29502

American Meat Institute
59 E. Van Buren Street
Chicago, IL 60605

Florida Lime Administration Commis.
18710 Southwest 288th Street
Homestead, FL 33030

Idaho Potato Commission
P. O. Box 1068
Boise, ID 83701

The Peach Patch
RD #1, Box 398
Glassboro, NJ 08028-9603

Washington Apple Commission
P. O. Box 18
Wenatchee, WA 98801

Wild Blueberry Association
18 Floral Avenue
Fredericton, N.B, CANADA E3A 1K7

Ardmore
P. O. Box 183
Deland, FL 32720

Armour
Greyhound Tower, Station 1017
Phoenix, AZ 85077

Awrey Bakeries
12301 Farmington Rd.
Livonia, MI 48150

Bama Pies
2747 East 11th Street
Tulsa, OK 74104

Food Service Marketing
2132 Fordem Avenue
Madison, WI 53704

Foodservice Product News, Circ. Dept.
104 Fifth Avenue
New York, NY 10011

Booth Fisheries
2 N. Riverside Plaza
Chicago, IL 60606

Borden Foodservice
180 E. Broad Street
Columbus, OH 43215

Boyle's Famous Corned Beef
416 E. Third Street
Kansas City, MO 64106

Butcher Boy Food Products
3 Metro Sq., Ste. 122, 1220 Ford Rd.
Dallas, TX 75234

CFS Continental
2550 Clybourn Avenue
Chicago, IL 60614

California Almond Growers Exchange
P. O. Box 1768
Sacramento, CA 95808

Canned Salmon Institute
300 Elliott Ave. W., Suite 260
Seattle, WA 98119

Caribou Fisheries
301 Northern Avenue
Boston, MA 02210

Ralston Purina/Checkerboard
P. O. Box 1501
St. Louis, MO 63188

Chef Francisco
P. O. Box 1187
Eugene, OR 97440

Chef Reddy
P. O. Box 607
Othello, WA 99344

Clorox
1221 Broadway
Oakland, CA 94623

CODE
H.H. Robertson Bldg., Suite 250
Pittsburgh, PA 15220

Colorado Beef Board
328 Livestock Exchange Bldg.
Denver, CO 80216

Dannon
22-11 - 38th Avenue
Long Island City, NY 11101

Dean Foods
3600 N. River Road
Franklin Park, IL 60131

Folgers for Foodservice
P. O. Box 599
Cincinnati, OH 45201

Food Producers International
10505 Wayzata Blvd.
Minnetonka, MN 55343

Fred's Frozen Foods
1300 Fort Wayne Bank Building
Fort Wayne, IN 46801-1400

Frionor Frozen Fish
P. O. Box A-2087
New Bedford, MA 02741

Frozen Vegetable Council
1838 El Camino Real, Suite 202
Burlingame, CA 94010

Golden Dipt
100 E. Washington Street
Millstadt, IL 62260

Heinz USA
1062 Progress Street
Pittsburgh, PA 15212

Hillshire Farms
P. O. Box 227
New London, WI 54961

George A. Hormel
P. O. Box 800
Austin, MN 55912

Hunt-Wesson
1645 W. Valencia Drive
Fullerton, CA 92634

Iceland Seafood
1250 Slate Hill Rd., Box K
Camp Hill, PA 17011

Kraft
One Kraft Court
Glenview, IL 60025

Lawry's Foods
570 W. Avenue 26
Los Angeles, CA 90065

L. J. Minor
436 Bulkley Building
Cleveland, OH 44115

Nabisco Brands
100 De Forest Avenue
East Hanover, NJ 07936

National Peach Council
P. O. Box 1085
Martinsburg, WV 25401

National Red Cherry Institute
Front Street
Grand Rapids, MI 49504

North American Blueberry Council
P. O. Box 166
Marmora, NJ 08223

National Pecan Marketing Council
1800 Peachtree Road NW
Suite 516
Atlanta, GA 30309

National Kraut Packers Assn.
Burson-Marsteller
866 Third Avenue
New York, NY 10022

National Fructose Center
200 W. Towers
1200 - 35th Street
West Des Moines, IA 50265

National Marine Fisheries Service
Washington, DC 20235

National Cherry Growers
Sweet Cherry Information Division
1005 Tieton Drive
Yakima, WA 98902

National Livestock & Meat Board
444 N. Michigan Avenue
Chicago, IL 60611

National Turkey Federation
Reston International Center
11800 Sunrise Valley Drive
Reston, VA 22090

North Pacific Canners & Pakcers
4350 Southwest Galewood
Lake Oswego, OR 97134

North Atlantic Seafood Assn.
1220 Huron Road
Cleveland, OH 44115

Near-East Food Products
Jytek Drive
Leonminster, MA 01453

The Nestle Company
P. O. Box 3115
Stamford, CT 06905

ORE-IDA Foods
220 W. Park Center Blvd.
Boise, ID 83707

Oscar Mayer
P. O. Box 7188
Madison, WI 53707

Ocean Garden Products
P. O. Box 81227
San Diego, CA 92138-1227

Ocean Spray
Hanson, MA 02341

OR-WA-CA Pear Bureau
601 Woodlark Building
Portland, OR 97205

Oceana Canning Company
P. O. Box 156
Shelby, MI 49455

Pacific Coast Canned Pear Service
P. O. Box 7111
San Francisco, CA 94120

The Potato Board
1385 S. Colorado Blvd., Suite 512
Denver, CO 80222

The Pillsbury Company
608 Second Avenue South
Minneapolis, MN 55402

The Peanut Advisory Board
P. O. Box 2329
New York, NY 10163

Provimi, Inc.
Brookfield, WI 53005

PYA/Monarch, Inc.
Greenville, SC 29602

Quaker Oats
Merchandise Mart Plaza
Chicago, IL 60654

Rice Council
P. O. Box 22802
Houston, TX 77027

Randall Food Products
8060 Montgomery Road
Cincinnati, OH 45236

Robinson Canning Company
P. O. Box 4248
New Orleans, LA 70178

Rich Products
P. O. Box 245
Buffalo, NY 14240

Riceland Foods
1 Financial Center
Little Rock, AR 72211

Readi-Bake, Inc.
190 - 28th Street SE
Grand Rapids, MI 49510

The Sugar Association
1511 K Street NW
Washington, DC 20005

Suter Company
P. O. Box 188
Sycamore, IL 60178

J. R. Simplot Company
P. O. Box 1059
Caldwell, ID 83605

Searle Food Resources
P. O. Box 1111
Skokie, IL 60076

Star-Kist
582 Tuna Street
Terminal Island, CA 90731

Stouffers
5750 Harper Road
Salon, OH 44139

Soy Protein Council
1800 M Street NW
Washington, DC 20036

San Giorgio-Skinner
1 Chocolate Avenue
Hershey, PA 17033

Sugar Foods Corporation
P. O. Box 300
New York, NY 10005

Swift Edible Oil Company
115 W. Jackson Boulevard
Chicago, IL 60604

Sunkist Growers
14130 Riverside Drive
Sherman Oaks, CA 91423

Simplot Company
P. O. Box 1059
Caldwell, ID 83605

Tastybird Foods
P. O. Box 847
Russellville, AR 72801

Tupperware Educational Service
P. O. Box 2353
Orlando, FL 32802

Universal Foods Corporation
433 E. Michigan
Milwaukee, WI 53201

Uncle Ben's Foods
P. O. Box 1752
Houston, TX 77251-1752

United Fruit & Vegetable Growers
N. Washington at Madison
Alexandria, VA 22314

Wholesum Foods
P. O. Box 218
Waukesha, WI 53186

Wilson Foodservice
4545 Lincoln Boulevard
Oklahoma City, OK 73105

(SOURCE: Creative Foods)

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